

DIABETES AND OBESITY

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There is no specialist obesity service in Lothian. Dietitians are able to offer advice and support and some run specific obesity/weight management clinic.

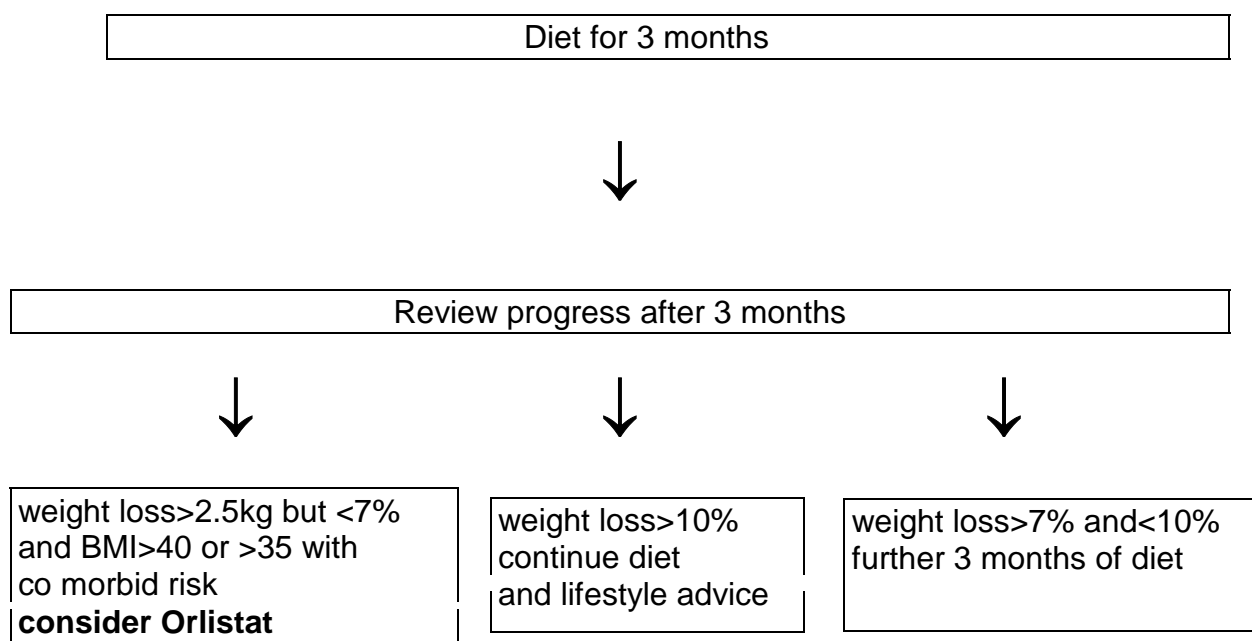
Guidelines for the Use of Orlistat (Xenical):

- Patients should have consulted a health care professional trained in obesity management and have spent 3 months on a structured weight management programme.
- Patients have failed to lose 10% of their body weight over 3 months. Patients who have lost >7% but <10% of body weight should continue with diet alone for a further 3 months aiming for 10% weight loss.
- Patients should have lost 2.5 kg over any 4 week period within the 3 month assessment before drug therapy can be prescribed.
- BMI > 40 or BMI > 35 with comorbid risk factor(s)

Contra indications to use of Orlistat (Xenical):

- Use of a fibrate, acarbose or metformin. However use of these drugs should not prohibit referral to the service.
- Pregnancy and breast feeding and children
- Liver disease and cholestasis
- Renal impairment
- Chronic malabsorption
- Cancer history
- Oral anticoagulation

Guidelines for the Use of Orlistat (Xenical) in Lothian





Review after 3 months:

weight loss < 5% **stop Orlistat**

weight loss > 5% **continue Orlistat
for up to 3 years**

stop Orlistat if BMI < 30 or
weight ↑ > 5kg
from start of
therapy



Review after 6 months:

weight loss > 2.5 kg but
< 10%
BMI > 40 or > 35 with
comorbidity

and no contraindications

consider Orlistat