



Essential Advice for Patients Starting Weight Loss Injections

Starting weight loss injections can be a powerful tool in your journey, but to maximise results and maintain overall health, it's important to adopt key lifestyle changes.

Follow the advice below to stay on track and get the best outcome:

1. Focus on Healthier Eating



Reducing calorie intake is important, but the **quality** of your food matters just as much. Aim to prioritise **whole, nutrient-dense foods** that support your health and energy levels.

Examples of Whole Foods:

- **Lean proteins:** Chicken, turkey, fish, eggs, tofu, lentils, beans
(consider protein or collagen supplements)
- **Healthy fats:** Avocados, nuts, seeds, olive oil
- **Whole grains:** Brown rice, quinoa, whole oats, wholemeal bread
- **Fruits and Vegetables:** Leafy greens, berries, broccoli, carrots, peppers



Tips

- **Avoid ultra-processed foods** such as packaged snacks, ready meals, sugary drinks and processed meats.
- **Focus on balanced meals** — include protein, healthy fats, and complex carbs at every meal.
- **Stay hydrated** — aim for **2-3 litres** of water daily. **VERY IMPORTANT**
- **Ensure you don't skip meals**, even if you do not feel hungry as can lead to low blood sugars. **VERY IMPORTANT**

2. Build & Maintain Muscle

Up to 40% of weight loss can come from muscle. It is essential to have a high protein diet to support muscle maintenance and growth.

Best Exercises:

- **Strength training** (using weights or resistance bands)
- **Bodyweight exercises** (push-ups, squats, lunges)
- **Compound movements** (deadlifts, bench presses)



Aim for:

- **2-3 sessions of resistance** training per week
- **Start with light weights** and build up gradually
- **Walking/cycling/swimming** - 2-3 times/week. Build up over time



3. Bone Health

Rapid weight loss can reduce bone density, but resistance training helps preserve muscle and protect your bones.



Advice:

Take a daily Vitamin D supplement to aid calcium absorption – this will help with bone health

Increase dietary calcium: cheese, milk, green leafy vegetables, soya beans, tofu.



4. Monitor Your Health

Weight loss injections can affect how your body processes other medications, especially for weight-related conditions like:

Type 2 diabetes, high blood pressure, high cholesterol



Advice:

- Schedule regular check-ups with your GP.
- Monitor blood sugar levels, blood pressure, and cholesterol levels.
- Medication dosages may need adjustment under medical guidance.



5. Lifestyle Changes for Long-Term Success

- **Get 7–9 hours** of sleep per night.
- **Stay active** with daily movement (walking, cycling, swimming).



Set realistic, long-term goals - once the weight is off, maintaining this with adjustments in lifestyle is the real challenge.

6. Understanding Your Dose

Is my current dose working?

- **Reduced appetite & better control of overeating habits**
- **Steady weight loss**
- **Increased energy levels**

When to consider increasing your dose?

- Weight loss plateau
- Persistent hunger or cravings



7. Most Common Side Effects?

Constipation

Stay hydrated and maintain a fibrous diet. Use of bulk or softening laxatives may be used to manage symptoms.

Reflux

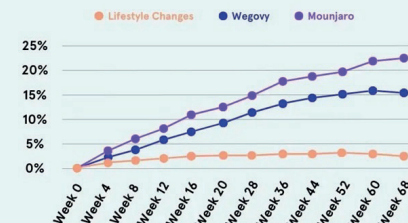
Avoid eating foods that may trigger reflux or eating before going to bed. Medication such as antacids or alginates can be used to manage symptoms - Gaviscon or Omeprazole is available over the counter.



8. How Much Weight will I Lose on the Injections?

Weight Loss Study

Body Weight Loss Percentage in 68 Weeks



Results from clinical trial data have shown:

On average, individuals can expect to achieve a total body weight loss of approximately 20% over a period of 12 months.

Success with weight loss injections is not just about losing weight - it's about improving your overall health and building habits you can maintain for life.



Stay consistent, prioritise muscle strength, and nourish your body with whole foods!



It's important to remember everybody's weight loss journey will be different. Stay focused and have trust in the process.