

# Coming Off Weight-Loss Medication

*For patients who have used semaglutide or tirzepatide*

## Why am I being given this advice?

This guidance is for patients who have lost weight using semaglutide or tirzepatide and are now considering stopping their medication. It aims to help you maintain your weight loss and protect your long-term health.

## Before you stop

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### 1. Speak to Your Prescriber

- Do not stop your medication without medical advice, you may be advised to continue or switch to semaglutide if you have had a heart attack, a stroke, or a serious circulation problem in the legs (known as peripheral arterial disease)
- Discuss gradually reducing your dose.
- Agree realistic goals and simple "if-then" plans.

*"If I feel snacky in the evening, then I will have herbal tea first"*

### 2. Other Medication That May Be Recommended

Depending on your medical history, your clinician may recommend:

- **Dapagliflozin** - may help to protect your heart and kidneys.
- **A statin** - to lower cholesterol and reduce heart disease risk.

### 3. Monitor Your Health

If you are taking semaglutide or tirzepatide for a medical condition (such as type 2 diabetes), or if you are prescribed other medicines for diabetes or heart health:

*Continue attending all scheduled reviews*

## Managing Hunger After Stopping

You may notice increased hunger or reduced fullness.

Before eating, ask:

- **Am I physically hungry ("tummy hungry")?**
- **Or eating from habit, boredom or stress ("head hungry")?**



**Try drinking water and waiting 15 minutes before deciding to eat.**

## Healthy Eating Tips

### Focus On Protein

- Feel fuller for longer.
- Reduce blood sugar spikes.

Include: meat, poultry, fish, eggs, beans and pulses (such as chickpeas, lentils, kidney beans and butter beans), nuts, and seeds.

Limit refined carbohydrates as these break down into sugar and may increase hunger.



**Top tip - See Dr Unwin's Sugar Infographics: <https://phcuk.org/sugar>**

### Fill Half Your Plate With Vegetables

Choose non-starchy vegetables such as kale, spinach, lettuce, rocket, cabbage, broccoli, cauliflower, courgettes, squash, mushrooms, carrots and swede.



**Meal Planning Ideas: <https://lowcarbfreshwell.com/resources/meal-planners>**



### Drink Plenty of Water

Aim for at least 2 litres of water daily, including about 500ml before meals.

**Limit Alcohol: Alcohol stimulates appetite**

**Focus on MORE: <https://healthsomerset.co.uk/starting-well/focusing-on-more>**

### Choose Whole Foods

- Try to choose unprocessed foods.
- Limit sugary and high-fat sauces.
- Choose leaner cuts of meat.
- Avoid frying foods where possible

### Eat Regularly

Avoid skipping meals. Eating breakfast may reduce later overeating.

### Portion and Eating Habits

- Use smaller plates
- Avoid distractions while eating
- Eat slowly - aim for at least 20 minutes per meal
- Put your cutlery down between bites



### Stay Active

Do strengthening exercises regularly to keep your muscles strong and support your metabolism.

Activity, especially after meals, helps to lower glucose levels.

Reduce long periods of sitting.

## Keeping The Weight Off Long Term

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- Remind yourself why you lost weight.
- Plan ahead and avoid impulse eating.
- Set small achievable goals and review progress regularly.
- Keep a food or photo diary if helpful.
- Plan for holidays and celebrations.

***Acknowledge any setbacks - these will happen and this is normal***

Try to learn from them and move forward with a positive attitude.

Be patient and persevere. Do not be afraid to ask for additional support. Ask your healthcare professional about other support services which may be available in your local area.

### Weigh Yourself Regularly

- Not daily.
- Fluctuations of up to 5% are normal.
- Some regain after stopping medication is common.
- Stay consistent with healthy habits.

The infographic consists of two vertical panels, each with an NHS logo at the top right. The left panel is titled 'Phase One: Consult Your Prescriber' and features a clipboard icon. The right panel is titled 'Phase Two: Sustainable Lifestyle Habits' and features icons of a water bottle and a heart. Both panels list several key actions in a bulleted format, separated by horizontal lines.

Phase One: Consult Your Prescriber	Phase Two: Sustainable Lifestyle Habits
• Discuss gradually reducing your dose	• Plan ahead
• Review your medications	• Eat plenty of protein
• Set realistic, achievable milestones	• Choose whole foods
• Attend scheduled reviews to monitor health markers	• Practice mindful eating
• Establish action plans	• Limit alcohol
• Use simple "if-then" plans	• Drink plenty of water
	• Keep active
	• Manage setbacks