PATIENT GUIDE · GLP-1 CARE

Nausea is common. It usually fades.

Feeling queasy is one of the most common side effects of GLP-1 medicines. This guide shows you why it happens, how to eat so you feel better, and what can help at the pharmacy or from your Belle care team.

- **It is a known side effect.** It does not mean the medicine is wrong for you.
- **It is often short-lived.** Most people feel it most in the first weeks and after a dose goes up.
- **You have options.** Food changes, pharmacy remedies and prescription medicine like Zofran can all help.



2 in 5

people on a GLP-1 may feel some nausea.

That is the high end seen in large studies of these medicines. For most people it is mild and gets better within days to weeks.

WHY IT HAPPENS

Your medicine changes how full you feel. Your stomach notices.

GLP-1 medicines work by helping you feel full sooner and stay full longer. The same changes that curb your appetite can also leave you feeling queasy, especially while your body is getting used to the medicine.

Your stomach empties slower

Food sits in your stomach longer. If you eat the way you used to, your stomach can get too full, and that feels like nausea.

Your brain gets new signals

The medicine works on the part of your brain that controls hunger. That same area also controls nausea, so the two can overlap.

Your dose goes up

Nausea is most common in the first few weeks and for a few days after each dose increase. It often eases as your body adjusts.

PART 1 · CHANGE HOW YOU EAT

Smaller, slower meals. A calmer stomach.

How you eat matters as much as what you eat. Your stomach now holds food longer, so it needs less at a time. These habits are the first and best way to ease nausea.

1 Eat small meals, more often

Big meals overload a slow stomach. Try 4 to 6 small meals or snacks a day instead of 3 large ones.

- Use a smaller plate or bowl.
- Start with half your usual portion. You can always have more later.

2 Slow down and stop early

Fullness signals now come later and hit harder. Stop at the first sign you are satisfied, not when you feel full.

- Take about 20 minutes for a meal.
- Put your fork down between bites and chew well.

3 Do not skip meals

An empty stomach can make nausea worse. A few bites of something plain every 3 to 4 hours keeps it settled.

- Keep crackers or a plain snack nearby.
- If mornings are hard, eat a few crackers before you get out of bed.

4 Go easy on fat, grease and spice

Fatty and fried foods are the slowest to leave your stomach. They are one of the most common nausea triggers on a GLP-1.

- Choose baked, grilled or steamed.
- Keep sauces, cheese and butter light.

5 Sip between meals, not during

Drinking a lot with food fills your stomach faster. Sip small amounts all day instead, and aim for at least 64 ounces.

- Wait about 30 minutes after eating to drink a lot.
- Cold water, ice chips or a popsicle can be easier to get down.

6 Stay upright after you eat

Lying down soon after a meal can push food and acid back up. Sit up or take a short, easy walk instead.

- Stay upright for 2 to 3 hours after eating.
- Finish your last meal 2 to 3 hours before bed.

MIND SMELLS

Cold or room-temperature foods smell less than hot ones. Open a window when you cook, or let someone else cook.

SKIP THE EXTRAS

Alcohol, fizzy drinks and very sugary foods can all make queasiness and bloating worse. Cut back while you adjust.

GET FRESH AIR

Loose clothes, fresh air and a short walk can ease a wave of nausea. So can slow, deep breaths.

PART 1 · WHAT TO EAT

Plain and simple goes down easier.

When you feel queasy, reach for bland, low-fat foods. Once you feel better, add protein back in small amounts. Protein helps you keep muscle while you lose weight.

EASIER Foods that often settle well

Saltine crackers, plain toast	Good on an empty stomach
Plain rice, noodles or potatoes	Bland and easy to digest
Bananas, applesauce	Gentle fruit
Cold melon, frozen grapes	Cold, fresh, little smell
Broth or clear soup	Food and fluid in one
Oatmeal or cream of rice	Warm and plain
Plain Greek yogurt	Protein, served cold
Eggs, scrambled or boiled	Soft protein
Baked chicken, turkey or fish	Lean protein, small portions
Ginger tea or peppermint tea	Sip slowly

HARDER Foods that often make it worse

Fried foods	Fries, fried chicken, chips
Fatty meats	Bacon, sausage, burgers, ribs
Rich, creamy dishes	Alfredo, cream soups, cheesy bakes
Spicy foods	Hot sauce, curries, chili
Very sweet foods	Pastries, candy, soda, sweet coffee drinks
Fizzy drinks	Soda, sparkling water, beer
Alcohol	Also raises the risk of low blood sugar
Large raw salads	Bulky and slow; try small portions
Big portions of anything	The most common trigger of all

Everyone is different. Keep a short note of what you ate on days you felt sick. Patterns are often easy to spot.

If you are vomiting

1–2 tsp
EVERY FEW MINUTES

Vomiting can dry you out fast. Replace fluid little by little.

- **Rest your stomach** for about an hour after vomiting.
- **Then take tiny sips** of water or an electrolyte drink. Go up slowly as you keep it down.
- **Add plain foods** like crackers or rice once fluids stay down.

Around your dose

Nausea often peaks in the first 1 to 3 days after your weekly shot.

- **Eat extra light** on shot day and the day after.
- **Try an evening shot.** Some people find they sleep through the worst of it. Ask your care team before you change your day or time.
- **Plan ahead** for dose increases. Stock up on plain foods and keep your remedies close.

Need a little more help? Start gentle.

If food changes are not enough, these products can ease mild nausea. Keep up your eating habits while you use them. Try the gentlest options first.

AT THE PHARMACY

Shop by the active ingredient, not the brand name.

Turn the box over and find the Drug Facts label. Store brands with the same active ingredient work the same way and often cost less.

Tell your pharmacist you take a GLP-1. They can check for problems with your other medicines.



A Natural helpers and supplements

These are drug-free or plant-based options. Many people use them every day while they adjust to a new dose.

● GENTLE · GOOD FIRST CHOICE

SUPPLEMENT

Ginger

Look for: **Ginger capsules** **Ginger chews** **Ginger tea**

Ginger has the best research of any natural remedy for nausea. Capsules give the steadiest dose.

How much	Follow the label. Most studies used about 1 gram a day, split into 2 to 4 doses.
Tip	Most ginger ales have little real ginger.

Ask first if you take a blood thinner. Ginger can cause heartburn.

● GENTLE

HERBAL

Peppermint

Look for: **Peppermint tea** **Peppermint oil**

Sip peppermint tea slowly, or put a drop of peppermint oil on a tissue and breathe it in. The smell alone helps some people.

Works in	Minutes
Tip	Do not swallow essential oil. It is for smelling only.

Skip peppermint if you have heartburn or acid reflux. It can make them worse.

● GENTLE · DRUG-FREE

ACUPRESSURE

Acupressure wristbands

Look for: **Sea-Band** **Store brand "nausea band"**

A soft band with a small button that presses a point on your inner wrist, about three finger widths below the crease.

Works in	Minutes, for some people
Tip	Wear one on each wrist. Press the button when a wave of nausea hits.

● GENTLE · DAILY USE

VITAMIN

Vitamin B6 (pyridoxine)

Look for: **"Vitamin B6" on the front** **Store brand or any brand**

A vitamin used for nausea for many years, most often in pregnancy. Its effect is mild, but it is low-risk and easy to add.

How much	10 to 25 mg, up to 3 times a day
Works in	Often a few days of daily use

Do not take more than 100 mg a day. Too much over time can cause nerve problems.

B Stomach soothers

On a GLP-1, nausea often comes with heartburn, burping or a sour stomach. If yours does, calming the acid can calm the nausea too.

FAST · AS NEEDED

ANTACID

Calcium carbonate

Look for: **Tums** **Rolaids** **Store brand "antacid"**

A chewable tablet that neutralizes stomach acid. Best for heartburn or a sour stomach after meals.

Works in	A few minutes
Tip	Take 2 hours apart from other medicines.

LONGER LASTING

ACID REDUCER

Famotidine

Look for: **Pepcid AC** **Store brand "famotidine"**

Lowers how much acid your stomach makes. Good if heartburn and queasiness keep coming back.

Works in	15 to 60 minutes; lasts up to 12 hours
Tip	No more than 2 doses in 24 hours.

Ask your care team first if you have kidney problems.

SHORT-TERM ONLY

UPSET STOMACH RELIEVER

Bismuth subsalicylate

Look for: **Pepto-Bismol** **Store brand "stomach relief"**

Coats and soothes an upset stomach. Helps nausea, indigestion and loose stool.

Works in	30 to 60 minutes
Watch for	A black tongue or stool. This is harmless with Pepto.

Do not use for more than 2 days. Skip it if you are allergic to aspirin, take a blood thinner, or are pregnant.

C For stronger nausea

These medicines are made for motion sickness. Some people find they also help GLP-1 nausea. They can make you sleepy, so they are not a first choice.

STRONGER · CAN CAUSE DROWSINESS

ANTIHISTAMINE

Meclizine

Look for: **Bonine** **Dramamine Less Drowsy** **Store brand "meclizine"**

Calms nausea signals between your inner ear and brain. Less drowsy than dimenhydrinate.

Works in	About 1 hour; lasts up to 24 hours

Dimenhydrinate

Look for: **Dramamine Original** **Store brand "motion sickness"**

Wears off sooner and is more likely to make you drowsy. Many people take it at bedtime.

Works in	15 to 30 minutes; lasts 4 to 6 hours

Watch for	Sleepiness and dry mouth. Do not drive until you know how it affects you, and do not mix with alcohol. Do not take both together.

Ask your care team first if you are 65 or older, or have glaucoma, asthma or an enlarged prostate.

PART 3 · PRESCRIPTION THERAPIES

Still feeling sick? Your care team can help.

If nausea keeps you from eating, drinking or getting through your day, you do not have to push through it. Your Belle clinician can prescribe medicine for nausea and adjust your GLP-1 plan.

AVAILABLE THROUGH BELLE

Zofran

Ondansetron · prescription anti-nausea medicine

Zofran blocks the signals in your gut and brain that set off nausea and vomiting. It is one of the most widely used anti-nausea medicines, and it does not usually make people sleepy the way motion sickness medicines can.

- **Use it as needed,** when nausea hits or on days you know are harder, like the day after your shot or a dose increase.
- **It comes as a tablet that melts on your tongue,** so you can take it even when it is hard to keep water down.
- **Take it exactly as prescribed.** Your clinician will set your dose and how often you can take it.

Ask your Belle care team about Zofran →

WORKS IN
About 30 minutes

HOW TO TAKE THE MELTING TABLET
With dry hands, place it on your tongue. Let it melt, then swallow. No water needed.

COMMON SIDE EFFECTS
Headache, tiredness, dizziness and constipation.

HEADS UP
GLP-1s can already slow your bowels. Keep up fiber and water while you use Zofran. See our constipation guide.

Tell your care team before you start Zofran if you:

- Have a heart rhythm problem, such as long QT syndrome.
- Take antidepressants (SSRIs or SNRIs) or migraine medicines (triptans).
- Have liver disease, or low potassium or magnesium.
- Are pregnant or breastfeeding.

Changing your GLP-1 plan

Sometimes the best fix is your dose, not another medicine. Never change your dose on your own, but your clinician may:

- Keep you at your current dose longer before the next step up.
- Move you back to a lower dose for a while.
- Raise your dose in smaller steps.

OTHER PRESCRIPTION OPTIONS

If Zofran is not a good fit, there are other prescription anti-nausea medicines, such as promethazine or prochlorperazine. They tend to cause more drowsiness. Your clinician can talk with you about what fits your health and your other medicines.

PUTTING IT TOGETHER

A simple plan, one step at a time.

Move to the next step only if the one before it has not helped. This is a general plan. Your care team may give you a plan that fits you better.

1

EVERY DAY

Eat in a new rhythm

Small meals every 3 to 4 hours. Eat slowly and stop when you are satisfied. Go easy on fried, fatty and spicy food. Sip fluids between meals and stay upright after eating.

2

MILD, ON AND OFF QUEASINESS

Add a natural helper

Try ginger chews or tea, peppermint, or acupressure wristbands. Keep plain crackers close by.

3

NAUSEA WITH HEARTBURN, BURPING OR A SOUR STOMACH

Calm the acid

Try Tums for fast relief, or famotidine (Pepcid AC) if it keeps coming back. Pepto-Bismol can help for a day or two.

4

NAUSEA THAT KEEPS YOU FROM EATING, DRINKING OR YOUR DAY

Message your Belle care team

Ask about Zofran, or about changing your GLP-1 dose. You do not have to wait it out.

ALSO GOOD TO HAVE ON HAND

Electrolyte drinks like Pedialyte, DripDrop or a store brand "oral electrolyte solution" replace salt and fluid if you are vomiting or not drinking enough.

NOT SURE WHAT IS SAFE?

Ask your Belle care team or your pharmacist before you start something new, especially if you are pregnant, breastfeeding or take other medicines.

PART 4 · WHEN TO GET HELP

Know when to reach out.

Most nausea can be handled at home. But some signs mean you need help from a clinician. Do not stop your GLP-1 on your own. Your care team may be able to change your dose or slow down your dose increases.

Message your Belle care team if:

- Nausea lasts more than a week, or is not getting better after the steps above.
- You are vomiting, even if you can still keep some fluids down.
- Nausea makes it hard to eat enough, drink enough, or take your medicine.
- You have a dose increase coming up and still feel sick from the last one.
- You take insulin or a diabetes pill and are not able to eat normally. Your blood sugar could drop too low.
- You are pregnant or breastfeeding, or take other medicines and are not sure what is safe.

Call 911 or go to the ER if you have:

- Vomiting and you cannot keep any fluids down for 24 hours.
- Signs of dehydration: very dark urine or no urine for 8 hours, dizziness or fainting, or a racing heart.
- Severe belly pain that does not go away. It may spread to your back.
- Pain in your upper right belly with fever, or yellow skin or eyes.
- Vomit with blood in it, or that looks like coffee grounds.
- A swollen, hard belly and you cannot pass gas or stool.

These can be signs of a problem with your pancreas or gallbladder, a blockage, or serious dehydration. Get care right away.

PLEASE READ

This guide is general health information. It is not medical advice for you. It does not replace advice from your Belle clinician, your own doctor or your pharmacist. Every person is different.

Always read and follow the label on any product you use. Talk to your care team or pharmacist before you start something new. This is extra important if you are pregnant or breastfeeding, have kidney, liver or heart disease, or take other medicines.