

Table 2

Guidelines for patients.

Recommendations to Minimize Occurrence/Severity of GI AEs when Starting GLP-1 RA Therapy	
General recommendations	
Observe the guidelines of the data sheet regarding posology and method of administration	
Improve eating habits	
Eat slowly	
Eat only if you are really hungry	
Eat smaller portions	
Avoid lying down after having a meal	
Stop eating in case of feeling of fullness	
Increase meal frequency	
Avoid drinking using a straw	
Eat without distractions and enjoy savouring the food	
Try not to be too active after eating	
Avoid eating too close to bedtime	
Adapt food composition to your requirements	
Choose easy-to-digest food, low fat diets (focus on bland foods)	
Use oven, cooking griddle or boiling	
Increase fluid intake, especially clear, fresh drinks (in small sips), but not so much as to make you feel too full	
Healthy food that contain water (soups, liquid yogurt, gelatin, and others)	
Avoid sweet meals	
Avoid dressings, spicy foods, canned food, sauces that are not home-cooked	
Get some fresh air and do some light exercise	
Keep a food diary, as it may be useful to identify foods or meal timings that make it worse	
Additional recommendations for patients with nausea	
Provided that 30 min have passed since the last GLP-1 RA dose, eat foods able to ease the symptoms of nausea, such as crackers, apples, mint, ginger root or ginger-based drinks	
Avoid strong smells	

* Gradually increase the amount of fibre intake once the symptoms improve. HCP, healthcare provider.