

Xenical (orlistat) Patient Information

Who Is Xenical For?

Xenical is a medication for chronic weight management. It is for people with overweight and weight-related complications or obesity. It is meant to be used together with a lifestyle therapy regimen involving a reduced calorie diet and increased physical activity.

How Does Xenical Work?

Xenical causes loss of fat calories in the stool.

Who Should Not Take Xenical?

- Women who are pregnant, nursing, or planning to become pregnant
- People with chronic malabsorption syndrome (e.g., inflammatory bowel disease, prior bowel resection)
- People with gallstones

How Is Xenical Dosed?

Take one 120 mg tablet three times a day when you eat your main meals (breakfast, lunch, and dinner).

Each tablet should be taken during the meal or up to 1 hour afterward.

For the medication to be effective, each meal should include fat—about 30% of the calories in each meal should be from fat.

Xenical can cause loss of fat soluble vitamins in the stool. While taking Xenical, you should also take a standard multivitamin to prevent vitamin deficiency. Take the vitamin supplement at least 2 hours before or 2 hours after taking Xenical (e.g., at bedtime).

Is Xenical a Controlled Substance?

No, Xenical is not a controlled substance.

Which Medications Might Not Be Safe to Use with Xenical?

Xenical can affect the absorption of other medications. Tell your doctor about all the medicines and supplements you take. Xenical may not be appropriate for you if you take the following medications:

- Cyclosporine—given to suppress the immune system after organ transplant
- Levothyroxine (e.g., Synthroid, Levoxyl, Tirosint)—used to treat thyroid conditions
- Warfarin (Coumadin)—a blood thinner used to prevent blood clots
- Amiodarone—used to treat heart rhythm problems
- Seizure medications
- Antiretroviral drugs—used to treat HIV and other chronic viral infections



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What Are the Common Side Effects of Xenical?

- Oily stool and spotting
- Gas and anal leakage
- Urgent need to have bowel movements and loss of control over bowels

Note: the higher the fat content of the meal, the more likely you are to have gastrointestinal side effects.

What Are the Possible Serious Side Effects of Xenical?

Liver Disease

Rare cases of severe liver injury or liver failure have been reported after treatment with Xenical.

Kidney Stones

Xenical treatment increase the risk of kidney stones.

Gall Stones

Substantial weight loss can increase the risk of gallstones.

Reference

Xenical (orlistat) prescribing information. South San Francisco, CA; Genentech USA, Inc.; 2016.

