

Antipsychotic-Induced Weight Gain Management		
Medication	Starting Dose	Notes
Liraglutide	0.6 mg SC QD	<ul style="list-style-type: none"> • Can increase by 0.6 mg/day weekly up to max dose of 3.0 mg/day • Decreases weight and improves glucose tolerance • Retail cost \$1,300/month
Metformin	500 mg BID	<ul style="list-style-type: none"> • Contraindicated in chronic renal disease and metabolic acidosis • Decreases weight and improves insulin resistance • Retail cost \$4/month
Olanzapine-samidorphan	10/10, 15/10, or 20/10 mg/day	<ul style="list-style-type: none"> • Should not be started within seven days of taking a short-acting opioid or 14 days of taking a long-acting opioid • Less weight gain versus olanzapine monotherapy • No significant effects on glucose lipids • Retail cost \$1,300/month
Topiramate	25 mg BID	<ul style="list-style-type: none"> • Can increase by 50 mg/day weekly up to max dose of 400 mg/day • Decreases weight and improves symptoms • Low-cost options (<\$10/month) at goodrx.com if not covered by insurance
Additional Considerations		
Switching	Agents with a more favorable weight/metabolic profile: generic aripiprazole or ziprasidone; or brexpiprazole (Rexulti), lumateperone (Caplyta), or lurasidone (Latuda)	
Lifestyle	Exercise, nutrition, sleep hygiene, and smoking reduction/cessation	

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