

Medication Options for Weight Management

	Contrave (Bupropion/ Naltrexone)	Saxenda (Liraglutide)	Wegovy (Semaglutide)	Mounjaro, & Zepbound (Tirzepatide)
Indication	Contrave & Saxenda: as an adjunct to a reduced-calorie diet and increased physical activity for chronic weight management in adults with an initial body mass index (BMI) of: <ul style="list-style-type: none"> • ≥ 30 kg/m² (obese) or • ≥ 27 kg/m² (overweight) in the presence of at least one weight-related comorbidity such as hypertension, type 2 diabetes, dyslipidemia, obstructive sleep apnea 			As an adjunct to diet and exercise to improve glycemic control in adults with type 2 diabetes in combination with metformin Zepbound for weight loss is not yet available in Canada.
Format and dose (increase gradually, dose determined individually)	Tablets: 1 tablet daily increasing up to 2 tablets twice daily	Injection pen: 0.6mg once daily increasing up to 3mg daily	Injection pen: 0.25mg once weekly increasing up to 2.4mg weekly	Injection with a vial and syringe: 2.5mg weekly increasing up to 15mg weekly
What is it?	Bupropion (an antidepressant also used for smoking cessation) & naltrexone (also used to manage alcohol dependency)	GLP-1 hormone analogue		GLP-1 and GIP hormone analogue
How it works	Contains 2 drugs which work on separate areas of the brain to regulate appetite and reward	Works on the brain to regulate appetite, slows stomach emptying to feel fuller sooner and for longer, regulates insulin secretion		See box to the left but by acting on 2 different sites
How much weight was lost in studies?	% of people who lost over 5%/10% of body weight over 56 weeks: 42/21	% of people who lost over 5%/10% of body weight over 56 weeks: 63/33	% of people who lost over 5%/10%/15% of body weight over 68 weeks Wegovy 2.4mg: 84/66/48	% of people who lost over 5%/10%/15% of body weight over 40 weeks: 5mg: 65/43/15 10mg: 76/47/24 15mg: 80/57/36
What happens when it is stopped?	In a study of over 20,000 Wegovy and Saxenda patients one year after stopping the medication, 36% continued losing weight, 20% maintained their weight loss and 44% regained weight. Some people may need lifelong treatment.			

Side effects	Nausea 33% Constipation 19% Headache 18% Vomiting 11% Dizziness 10% Dry mouth 8%	Nausea 39% Diarrhea 21% Constipation 19% Vomiting 16% Indigestion 10%	Nausea 44% Diarrhea 30% Vomiting 24% Constipation 24% Abdominal pain 20% Headache 15% Fatigue 11%	Nausea 18% Diarrhea 16% Vomiting 9% Constipation 6% Indigestion 5% Abdominal pain 5%
Drug interactions	Do not take with opioids (codeine, morphine etc)	Do not take with DPP-4 inhibitors (e.g., Trajenta, Januvia, etc) Saxenda has not been studied in patients taking insulin		Can reduce the efficacy of hormonal contraception Do not take with DPP-4 inhibitors
Pregnancy (do not use if breast- or chestfeeding)	Do not use in pregnancy	Stop at least 1 week before a planned pregnancy	Stop at least 2 months before a planned pregnancy	Stop at least 1 month before a planned pregnancy
Monthly/daily cost and support programs (may be less during titration, cost may vary by pharmacy)	\$370/\$13 Register at Experiencecontrave.ca to receive your first month free, ongoing financial assistance up to 25% off the cost, and free online diet & exercise counseling	\$520/\$17 + needles No financial assistance	\$500/\$18 (all strengths) No financial assistance but register at wegovy.ca for assistance navigating private coverage	\$400/\$14 + syringes (all strengths) Register at mymounjaro.ca For ongoing financial assistance up to 20% of the cost
Coverage	Private plans If not covered by your plan, we can order it in a similar dosage as 2 separate medications, to lower the cost, and bupropion is usually covered. \$120 monthly for both, or \$85 for naltrexone portion	Private plans may cover with a special authorization form	Private plans may cover with a special authorization form ODB coverage of Ozempic only with a diagnosis of type 2 diabetes	Private plans may cover with a special authorization form

This chart is a summary of basic information. For more information on contraindications, warnings, adverse effects, drug interactions or other details, speak with your prescriber.

References

- <https://contrave.ca/assets/pdf/product-monograph-en.pdf>
- <https://www.novonordisk.ca/content/dam/nncorp/ca/en/products/Saxenda%20PM%20English%20-%20Marketed%20-%2025%20February%202021.pdf>
- <https://www.novonordisk.ca/content/dam/nncorp/ca/en/products/Wegovy-product-monograph.pdf>
- <https://pi.lilly.com/ca/mounjaro-ca-pm.pdf>
- <https://www.epicresearch.org/articles/many-patients-maintain-weight-loss-a-year-after-stopping-semaglutide-and-liraglutide>

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