



BLOG

GLP-1 Nausea and Constipation: What Can Help

Easing Nausea

- Eat smaller meals, slowly
- Go easy on greasy and fried foods
- Sip fluids through the day

Easing Constipation

- Drink more water than you think
- Add fiber gradually
- Keep moving

Other Safety Points

- Tell your surgeon before a procedure
- On insulin? Ask about low blood sugar
- Tirzepatide and the pill: use a backup



Read the full article

How to Manage GLP-1 Side Effects on Ozempic, Wegovy, Mounjaro or Zepbound

hopeintegrativemed.com

(843) 737-0312

General information, not medical advice. Your provider can tell you what is right for you.