

# Medications and their Effects on Weight

## Medications with Potential for Weight **GAIN**

### Anti-seizure Drugs or Mood Stabilizing Agents

- divalproex
- gabapentin
- lithium
- perampanel
- pregabalin
- valproic acid
- vigabatrin



### Antidepressants

- Mirtazapine
- Selective Serotonin Reuptake Inhibitors (SSRI) (e.g., paroxetine, sertraline, citalopram, and escitalopram)
- MAOIs (e.g., phenelzine)
- Tricyclic anti-depressants (e.g., amitriptyline, clomipramine, doxepin, imipramine, nortriptyline, protriptyline)



### Antipsychotics

- chlorpromazine
- clozapine
- iloperidone
- olanzapine
- paliperidone
- quetiapine
- risperidone
- thioridazine



### Beta-blockers

- metoprolol
  - atenolol
  - propranolol
- Less weight gain than above:
- carvedilol
  - nebivolol



### Antiretrovirals

- Protease Inhibitors (e.g., atazanavir, darunavir)
- Integrase Inhibitors (e.g., bictegravir, dolutegravir, raltegravir)



### Antihistamines

- H1 antihistamines (e.g., hydroxyzine, diphenhydramine, fexofenadine), cetirizine, and desloratadine



### Glucocorticoids

- Systemic steroids (e.g., prednisone, dexamethasone, methylprednisolone, hydrocortisone)



### Antihyperglycemic agents

- Insulin
- Sulfonylureas (e.g., chlorpropamide, glimepiride, glipizide, glyburide)
- Meglitinides (e.g., nateglinide, repaglinide)
- Thiazolidinediones (e.g., pioglitazone, rosiglitazone)



### Hormonal Agents

Oral or Depot Progestin-only therapy (e.g., medroxyprogesterone, megestrol acetate)

Less weight gain than above:  
Combination contraceptives (e.g., oral, patch)



### Alpha-blockers

- terazosin
- doxazosin
- prazosin

## Medications that may be Weight Neutral or have Potential for Weight **LOSS**

### Anti-seizure Drugs or Mood Stabilizing Agents

Associated with weight loss:

- topiramate
- zonisamide
- cannabidiol
- stiripentol

Associated with minimal weight gain, conflicting or no evidence for weight gain or loss:

- brivaracetam, levetiracetam
- carbamazepine, eslicarbazepine, oxcarbazepine
- cenobamate
- clobazam
- ethosuximide
- felbamate
- lacosamide
- lamotrigine
- phenobarbital
- phenytoin
- primidone
- rufinamide
- tiagabine



NOTE: Prioritize seizure control

### Antidepressants

Favor minimal-weight-impact antidepressants.

- bupropion (associated with weight loss)
- Some SSRIs (e.g., fluoxetine)
- SNRIs (e.g., desvenlafaxine, venlafaxine, duloxetine)
- trazodone, nefazodone
- vortioxetine



### Antipsychotics

No antipsychotic is associated with weight loss; consider agents with minimal weight gain when possible.

- aripiprazole
- asenapine
- brexpiprazole
- cariprazine
- xanomeline-trospium
- fluphenazine
- haloperidol
- loxapine
- lumateperone
- perphenazine
- pimavanserin
- lurasidone
- molindone
- ziprasidone



### Beta-blockers

Consider calcium channel blockers, angiotensin receptor blockers, angiotensin-converting enzyme inhibitors, and thiazide or loop diuretics, as indicated.

Other antihypertensive classes may be options depending on indication. (e.g., angina, heart failure, HTN, migraine).



### Antiretrovirals

Other ARVs are typically weight-neutral. Prioritize viremia control.



### Antihistamines

Depending on symptoms, consider alternatives such as: ipratropium nasal spray, decongestants, inhalers, and/or nonpharmacologic measures (e.g., nasal irrigation)



### Glucocorticoids

Consider weight-neutral steroid-sparing options:

- Biologics/disease-modifying antirheumatic drugs
- Nontraditional therapies
- NSAIDs



### Antihyperglycemic agents

Associated with weight loss:

- GLP-1/GIP tirzepatide
- GLP-1 containing agonists (e.g., semaglutide, liraglutide, exenatide, dulaglutide, lixisenatide)
- SGLT2 inhibitors (e.g., empagliflozin, canagliflozin, dapagliflozin, ertugliflozin)
- Alpha-glucosidase inhibitors (e.g., acarbose, miglitol)
- metformin
- pramlintide



Weight neutral:

- Dipeptidyl-peptidase-4 inhibitors (e.g., alogliptin, linagliptin, saxagliptin, sitagliptin)

### Hormonal Agents

Consider alternatives, as indicated. (e.g., contraception; menopause).

- Copper intrauterine device
- Barrier Method



### Alpha-blockers

- alfuzosin
- tamsulosin

Note: Brand names listed (as of 09/2025) are only those that are currently available/marketed and not extended release products and are subject to change.

For more information on the VA/DoD Clinical Practice Guideline for the Management of Adult Overweight & Obesity visit:

<https://www.health.mil/About-MHS/MHS-Elements/DVPO/VADOD-CPGs>

