

The Carlat Report on Psychiatric Treatment

Xenical (orlistat) Fact Sheet

Manufacturer: Roche

Indications:

- FDA approved in 1999 for the treatment of obesity.

Mechanism: Reversible inhibitor of lipase. Prevents the intestinal absorption of about 30% of dietary fat.

Dosing:

- Supplied as 120 mg tablets (breakable).
- Manufacturer recommends starting at 120 mg TID with each meal. If a meal is skipped, do not take the dose.
- Vitamin supplements recommended, to be taken at least 2 hours before or 2 hours after dose of Xenical.

Side Effects:

- Common: Diarrhea, fatty stools. These side effects are more severe if the medication is taken after a high fat meal.
- Can interfere with absorption of vitamins A, D, E, K, and of beta-carotene.
- Contraindicated in chronic malabsorption syndrome.

Drug-drug interactions: Decreases cyclosporin levels.

Pharmacokinetics: Only 2% of drug is systemically absorbed. It works primarily in the lumen of the stomach and small intestine.

Laboratory monitoring: None required.