

Questions to ask your prescriber

GLP-1 reviews are short. Print this, circle the three or four that matter most to you, and take it in.

Before you go: the most useful thing you can bring is not a question, it is a record. How your weight has moved, which side effects turned up and when, and roughly what you have been eating. A prescriber can act on a pattern in a way they cannot act on "I have been feeling a bit rough."

About your dose

- 1 What dose am I on now, and what is the plan for the next few months?

Knowing the intended ladder stops each increase feeling like a surprise.

- 2 Is there a dose we are aiming to settle at, or do we keep going until something tells us to stop?

Some people do well below the maximum. It is worth knowing whether that is on the table.

- 3 If a step up is rough, can we stay where we are for longer?

Holding a dose is common and usually uncomplicated. Ask before you need it.

About side effects

- 4 Which of the things I am getting are expected, and which are not?

Bring specifics: what, when in the week, how bad, how long.

- 5 What should I do about constipation, and is there anything you would rather I did not take for it?

Very common, rarely raised, usually fixable.

- 6 What would make you want to hear from me between appointments?

Gets you a personalised threshold instead of guessing whether you are overreacting.

About the rest of your body

- 7 How do we make sure I am losing fat rather than muscle?
Rarely discussed and genuinely important, especially if you are over fifty.

- 8 How much protein should I be aiming for, given my weight?
A specific number is far easier to act on than "make sure you eat enough."

- 9 Should any of my other medicines change while I am on this?
Especially anything for diabetes or blood pressure, and the contraceptive pill.

- 10 Do I need any blood tests, and when?

About the longer run

- 11 If the weight stops moving for a month or two, what happens then?
Plateaus are normal. Knowing the plan in advance takes the panic out of them.

- 12 How long am I likely to be on this, and what happens when I stop?
The hardest question and the most worth asking early.

- 13 Is my supply secure, and what should I do if my pharmacy cannot get it?
Shortages have been common. A plan beats a scramble.

Not for the waiting list

These are review-appointment questions. If you have severe abdominal pain that will not ease, cannot keep fluids down for around a day, or have signs of dehydration, contact your care team straight away rather than saving it for your next appointment.



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