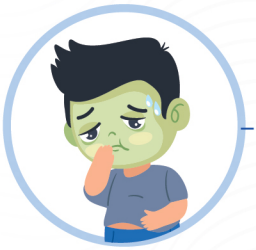
TURNING THE TIDE
Simplified

Common Side Effects of Sematide

Sematide, a GLP-1 receptor agonist can cause gastrointestinal side effects. These occur as the medication slows gastric emptying and alters appetite regulation. Such side effects may not occur in every patient and often improve as the body adjusts to the medication.These side effects are:



Nausea



Vomiting



Diarrhea & Constipation





Abdominal pain or bloating



Loss of appetite



Indigestion or heartburn

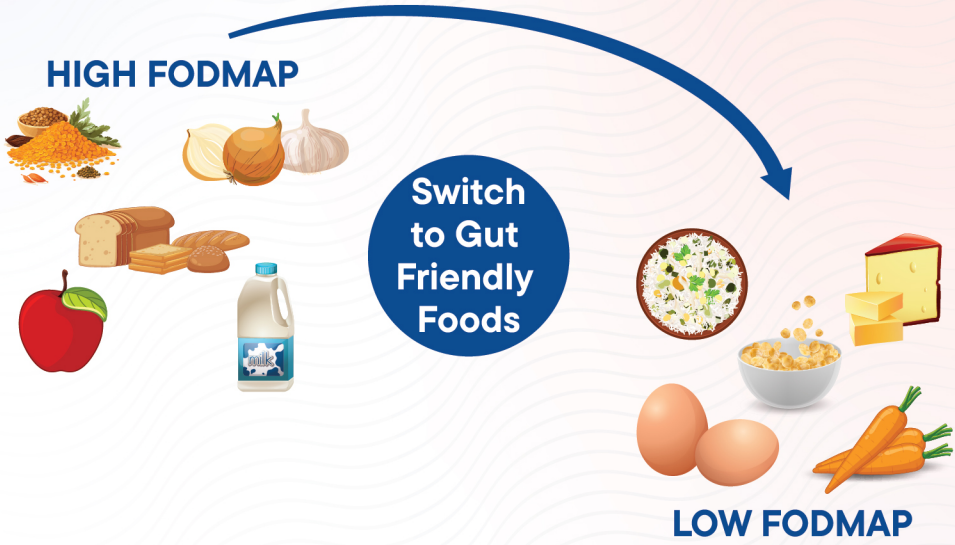
NOTE: *If symptoms persist, worsen, or interfere with your daily activities, consult your healthcare provider.*

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Dietary Tips for Managing Side Effects of Sematide



Choose low-FODMAP foods, as FODMAPs are certain types of fermentable carbohydrates that are poorly absorbed in the gut and can trigger digestive issues.

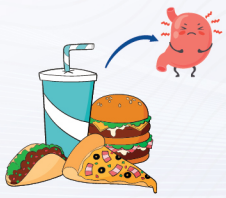
Note:

While focusing on FODMAPs, also keep the glycemic index (GI) of foods in check, as high-GI foods can cause sudden spikes in blood sugar.

Other tips



Eat smaller, more frequent meals, and stick to soft, bland foods that are mild-flavored, non-acidic, and non-spicy.



Avoid greasy & high-fat foods like butter, ghee, bakery items, and full fat meat.



Stay hydrated with soothing drinks like ginger, mint, or coconut water. Avoid sugary and acidic drinks.

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