

Medications that may be Weight-Neutral or have Potential for Weight LOSS



Anti-seizure Drugs or Mood Stabilizing Agents *NOTE: Prioritize seizure control*

Associated with weight loss:

- topiramate • zonisamide
- cannabidiol • stiripentol

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

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



Antidepressants

Favor minimal-weight-impact antidepressants.

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



Antipsychotics

No antipsychotic is associated with weight loss.

Consider agents with minimal weight gain when possible.

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



Heart Medications

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.



Anti-Allergy Agents

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



Rheumatologic Agents

Consider weight-neutral steroid-sparing options:

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



Hormonal Agents

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

- Copper intrauterine device
- Barrier Method



Alpha-blockers

- alfuzosin
- tamsulosin



Antihyperglycemic Agents

Associated with weight loss:

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

Weight neutral:

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



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.

To access the VA/DoD Clinical Practice Guidelines webpage (which includes the Management of Adult Overweight & Obesity CPG), visit: <https://www.health.mil/About-MHS/MHS-Elements/DVPO/VADOD-CPGs>



Medications with Potential for Weight GAIN



Anti-seizure Drugs or Mood Stabilizing Agents

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



Antipsychotics

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



Heart Medications

- metoprolol
- atenolol
- propranolol

Less weight gain than above:

- carvedilol
- nebivolol



Rheumatologic Agents

- 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)



Antidepressants

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



Antiretrovirals

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



Anti-Allergy Agents

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



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

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