

Medications That May Cause Weight Gain:

- Propranolol
- Atenolol
- Metoprolol

The above 3 medications are called beta blockers. They are lipogenic (process of synthesis or production of fatty acids, which are ultimately converted into storage form of fat). They decrease basal metabolism by 5-10%. They also reduce energy expenditure following meals. They reduce exercise tolerance and causes one to become easily fatigued during exercise

- Nifedipine
- Amlodipine
- Felodipine
- Repaglinide
- Nateglinide
- Glipizide
- Glyburide
- Glimepiride
- Glibenclamide
- Tolbutamide
- Chlorpropamide
- Tolazamide
- Pioglitazone – increases differentiation and proliferation of fat cells
- Rosiglitazone—Increase differentiation and proliferation of fat cells
- Lobeglitazone - increases differentiation and proliferation of fat cells
- Insulin
- Estrogens
- Glucocorticoids such as prednisone, prednisolone,
- Seizure medicines such as
 - o Valproate (Valproic acid)
 - o Carbamazepine
 - o Gabapentin

Antidepressants such as

- o Doxepin
- o Amitriptyline
- o Imipramine
- o Paroxetine
- o Phenelzine
- o Isocarboxazid
- o Mirtazapine
- o Lithium
- o Vigabatrin
- o Olanzapine—may cause significant increase in body weight

- Clozapine - may cause significant increase in body weight
- Zoteprine - may cause significant increase in body weight
- Risperidone
- Chlorpromazine
- Quetiapine
- Iloperidone
- asenapine
- sertindole
- Paliperidone
- Diphenhydramine (Benadryl)

Medications that can cause weight loss:

- Anti-seizure medications:
 - Zonisamide
 - Topiramate
 - Lamotrigine
- Antidepressant
 - Wellbutrin
- Hormones
 - Testosterone
 - Progestins
- Diabetic medications
 - Metformin
 - Miglitol
 - Acarbose
 - Voglibose
 - Liraglutide
 - Exenatide
 - Albiglutide
 - Lixisenatide
 - Dulaglutide
 - Canagliflozin
 - Dapagliflozin
 - Empagliflozin

May cause variable effects on weight:

- Antidepressants:
 - Nortriptyline
 - Desipramine
 - Protriptyine
 - Sertraline
 - Escitalopram
 - Citalopram
 - Fluoxetine

- Duloxetine
- Venlafaxine
- Desvenlafaxine
- Haloperidol
- Ziprasidone
- Aripiprazole
- Lurasidone
- Amisulpride