

LessFat® Capsules

Dear patient,

Please read the following instructions carefully. They contain important information about the use of this medicine. If you have any further questions, please ask your doctor or pharmacist.

Information about LessFat

LessFat is available in 60 mg and 120 mg capsules for oral administration containing respectively 60 mg and 120 mg orlistat.

Other ingredients are: Lactose, sodium starch glycolate, hydroxyl propyl methyl cellulose.

Orlistat is a reversible inhibitor of lipases; it works by inhibiting pancreatic lipase, an enzyme that breaks down triglycerides in the intestine. Without this enzyme, triglycerides from the diet are prevented from being hydrolyzed into absorbable free fatty acids and are excreted undigested.

LessFat is indicated for the management of obesity, including weight loss and maintenance of weight loss. It is recommended to use LessFat in conjunction with a reduced calorie diet.

LessFat is also indicated to reduce the risk for weight regain after prior weight loss.

LessFat is also recommended for obese patients with an initial body mass index (BMI) ≥ 30 kg/m² or with BMI ≥ 27 kg/m² in the presence of other risk factors such as hypertension, diabetes and dyslipidemia.

The way to take LessFat

The usual recommended dose is 60 mg to 120 mg up to 3 times daily with each meal containing fat (during or up to 1 hour after the meal); if a meal is occasionally missed or contains no fat, the dose can be omitted.

Because Orlistat has been shown to reduce the absorption of some fat-soluble vitamins and beta-carotene, patients should be advised to take multivitamin containing fat-soluble vitamins to ensure adequate nutrition at least 2 hours before or after the administration of LessFat such as at bedtime.

Lessfat should be taken in association with a well-balanced, calorie controlled diet and exercise program.

In case of overdose

In case of intake of high doses of this medication, the patient should be observed for 24 hours; systemic effects of this drug are rapidly reversible.

In case of missed dose

If you miss a dose, just skip it. Do not take an extra dose to make up for missed doses.

Contraindications

This drug is contraindicated in case of known hypersensitivity to any of the components, chronic malabsorption syndrome or cholestasis.

Precautions

-Organic causes of obesity should be excluded before taking orlistat.

-Patients should be advised to take a multivitamin supplement containing fat-soluble vitamins to ensure adequate nutrition at least 2 hours before or after the administration of this drug, such as at bedtime

-Inform your doctor before using this medication in case of pregnancy or lactation. This drug is not recommended for use during pregnancy and in nursing mothers.

-The effect of orlistat in patients with hepatic and/or renal impairment and elderly patients has not been studied.

-Orlistat has not been studied in pediatric patients below the age of 12 years.

Associations with other medications

Please inform your doctor if other medicines are being taken or have been taken recently.

Orlistat has been shown to reduce the absorption of some fat-soluble vitamins and beta-carotene.

Caution should be exercised with amiodarone, antiepileptic drugs, levothyroxine, oral anticoagulants and warfarin.

Co-administration of orlistat with ciclosporin is not recommended; the concomitant administration of orlistat with acarbose should be avoided.

Adverse reactions

Gastrointestinal symptoms are the most commonly observed adverse events associated with the use of this drug and are primarily a manifestation of the mechanism of action. The most common of these adverse events were oily spotting, flatus with discharge, fecal urgency, fatty/oily stool, oily evacuation, increased defecation and fecal incontinence. Other effects may include headache and respiratory infections.

Inform your doctor if any side effect appears or becomes bothersome.

Storage

Store at controlled room temperature (up to 25°C), protected from light and humidity, beyond the reach of children.

The expiry date is printed on the pack; don't use this medicine after this date.

Pack Presentation

LessFat 120, Orlistat 120 mg, pack of 10 capsules

LessFat 60, Orlistat 60 mg, pack of 30 capsules

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