A COMBINED LIST BASED ON FDA DATA

Side effects of GLP-1 receptor agonist medications

The list is much longer than just nausea

Regina Gysel, MD
physician, specialist in neuronutrient therapy

IMPORTANT

Ozempic, Wegovy, Mounjaro, Zepbound, Saxenda, Trulicity, Victoza, Byetta, Bydureon and other GLP-1 (glucagon-like peptide-1) receptor agonists and incretin-based medications carry adverse reactions, warnings and postmarketing reports listed by the FDA (US Food and Drug Administration) that affect many different organ systems.

Not every effect below applies to every medication. This is a combined list for the whole class.

01 Digestive system

- Nausea
- Vomiting
- Frequent bowel movements
- Diarrhea
- Constipation
- Hard stools
- Severe constipation
- Fecal impaction
- Abdominal pain
- Upper abdominal pain
- Lower abdominal pain
- Gastrointestinal pain
- Abdominal discomfort
- Epigastric discomfort
- Abdominal tenderness
- Abdominal distension (bloating)
- Dyspepsia / indigestion
- Gastroesophageal reflux / GERD (gastroesophageal reflux disease)
- Gastritis
- Chronic gastritis
- Erosive gastritis
- Reflux gastritis
- Belching
- Flatulence
- Decreased appetite
- Gastroenteritis
- Viral gastroenteritis
- Delayed gastric emptying
- Severe gastrointestinal reactions
- Ileus / paralytic intestinal obstruction
- Intestinal obstruction
- Appendicitis, including perforated appendicitis
- Dehydration due to vomiting and/or diarrhea

Where to check: FDA labels for Ozempic, Wegovy, Mounjaro, Zepbound, Saxenda, Trulicity, Byetta.

02 Pancreas

- Acute pancreatitis
- Hemorrhagic pancreatitis
- Necrotizing pancreatitis
- Pancreatitis, in some cases fatal
- Increased lipase
- Increased amylase

Where to check: FDA labels for Ozempic, Saxenda, Byetta.

03 Gallbladder, bile ducts and liver

- Gallstones / cholelithiasis
- Cholecystitis
- Cholelithiasis requiring gallbladder removal
- Cholecystectomy
- Increased bilirubin
- Increased liver enzymes
- Increased ALT / AST (alanine aminotransferase and aspartate aminotransferase)
- Cholestasis
- Hepatitis

Where to check: FDA labels for Ozempic, Wegovy, Saxenda, Victoza, Trulicity.

04 Kidneys and urinary tract

- Dehydration / volume depletion
- Acute kidney injury
- Impaired kidney function
- Acute kidney failure
- Worsening of chronic kidney failure
- Increased creatinine
- Kidney failure requiring hemodialysis
- Impaired function of a transplanted kidney (reported with exenatide)
- Kidney stones / urolithiasis
- Urinary tract infection

Where to check: FDA labels for Ozempic, Wegovy, Saxenda, Byetta.

05 Eyes

- Complications of diabetic retinopathy
- Temporary worsening of diabetic retinopathy with rapid improvement in glucose control
- Retinal disorders
- Non-proliferative diabetic retinopathy

Where to check: FDA labels for Ozempic, Wegovy.

06 Nervous system and sensation

- Headache
- Dizziness
- Altered taste / dysgeusia
- Dysesthesia
- Paresthesia
- Hyperesthesia
- Burning sensation
- Burning skin
- Allodynia
- Skin pain
- Skin sensitivity
- Drowsiness
- Feeling jittery / inner tremor

Where to check: FDA labels for Wegovy, Zepbound, Byetta.

07 Mental health and sleep

Seen in Saxenda studies.

- Anxiety
- Insomnia
- Depression (seen in a pediatric Saxenda study)

Where to check: FDA labels for Saxenda.

08 General symptoms and energy

- Fatigue
- Asthenia
- Lethargy
- Malaise
- Weakness
- Dry mouth
- Dry throat
- Fever

Where to check: FDA labels for Zepbound, Saxenda, Trulicity, Byetta.

09 Heart, circulation and autonomic system

- Increased resting heart rate
- Tachycardia
- Palpitations
- Lower blood pressure
- Hypotension
- Orthostatic hypotension
- Circulatory collapse
- Fainting / syncope
- Excessive sweating / hyperhidrosis

Where to check: FDA labels for Wegovy, Zepbound, Saxenda, Mounjaro, Trulicity, Byetta.

10 Heart conduction disorders

Seen in Saxenda studies.

- First-degree atrioventricular (AV) block
- Right bundle branch block
- Left bundle branch block

Where to check: FDA labels for Saxenda.

11 Metabolism

- Hypoglycemia (low blood sugar)
- Severe hypoglycemia
- Hypoglycemia requiring help from another person or intravenous glucose
- Increased creatine kinase (seen in a pediatric Saxenda study)
- Dyslipidemia (seen in a pediatric Saxenda study)

Where to check: FDA labels for Ozempic, Saxenda.

12 Skin and hair

- Hair loss / alopecia
- Rash
- Macular rash
- Papular rash
- Itching
- Hives
- Injection site pain
- Injection site discomfort
- Injection site redness
- Injection site itching
- Injection site rash
- Injection site bruising
- Injection site inflammation
- Injection site hardening
- Injection site irritation
- Injection site nodules
- Injection site abscess
- Cellulitis at the injection site
- Injection site necrosis
- Severe injection site reactions requiring surgery
- Cutaneous amyloidosis at injection sites

Where to check: FDA labels for Ozempic, Wegovy, Zepbound, Victoza, Trulicity, Byetta, Bydureon BCise.

13 Allergic and immune reactions

- Hypersensitivity reactions
- Immediate hypersensitivity reactions
- Delayed hypersensitivity reactions
- Anaphylaxis
- Angioedema
- Facial swelling
- Oropharyngeal swelling
- Throat swelling
- Bronchospasm
- Bronchial hyperreactivity
- Asthma-like reactions
- Antibodies to the medication
- Neutralizing antibodies
- More injection site reactions when antibodies are present
- Reduced glucose-lowering effect linked to antibodies to exenatide

Where to check: FDA labels for Ozempic, Zepbound, Mounjaro, Saxenda, Byetta, Bydureon BCise.

14 Blood and bleeding

Reported with exenatide.

- Drug-induced immune thrombocytopenia
- Severe thrombocytopenia
- Serious bleeding
- Fatal bleeding has been reported
- Increased INR (international normalized ratio, a blood clotting measure) when combined with warfarin
- Increased INR with bleeding

Where to check: FDA labels for Byetta, Bydureon BCise.

15 Anesthesia and medical procedures

- Food remaining in the stomach despite pre-operative fasting
- Risk of regurgitation
- Aspiration of stomach contents during general anesthesia
- Aspiration of stomach contents during deep sedation

Where to check: FDA labels for Ozempic, Wegovy, Zepbound, Saxenda, Byetta.

16 Thyroid

- For several medications in this class, the FDA has issued a boxed warning (the strictest warning on a label) about the risk of thyroid C-cell tumors
- Medullary thyroid cancer has been reported after approval with liraglutide

The FDA warning is based mainly on animal studies. It has not been established whether this class of medications causes medullary thyroid cancer in humans.

Where to check: FDA labels for Ozempic, Saxenda, Victoza.

17 Other events seen in FDA clinical studies

Seen in pediatric studies of Wegovy and Saxenda.

- Cough
- Pain in the arms or legs
- Nasopharyngitis
- Sinusitis
- Influenza
- Sprains

Where to check: FDA labels for Wegovy, Saxenda.

18 Cancer findings in FDA documents

FDA documents described differences between study groups in the rates of:

- Breast cancer with Saxenda
- Papillary thyroid cancer with Saxenda
- Benign colorectal tumors with Saxenda
- Malignant colorectal tumors with Saxenda

For breast cancer, the label states that there were too few cases to determine whether they were related to the medication.

Where to check: FDA labels for Saxenda.

IN FOCUS

Muscle and bone: *especially important after 45*

I have put these two side effects in a separate section: after 45, they can matter especially.

Loss of muscle (lean) mass

FDA

The FDA labels for Wegovy and Zepbound (section 12.2) state that the medication lowers body weight with greater loss of fat mass than lean mass. This means part of the weight lost is muscle and other lean tissue.

Fracture risk

FDA

FDA label for Wegovy (section 6.1): in the cardiovascular outcomes trial, hip and pelvis fractures in patients aged 75 and older occurred in 2.4% (17 of 703) on Wegovy and 0.6% (4 of 663) on placebo.

Sources

US Food and Drug Administration (FDA): official prescribing information, current versions as of October 9, 2026. To check for yourself, open the label from the link or search for the medication in the Drugs@FDA database.

1. Ozempic, FDA label, revised 05/2026
   https://www.accessdata.fda.gov/drugsatfda_docs/label/2026/209637s038lbl.pdf
2. Wegovy, injection and tablets, FDA label, revised 06/2026
   https://www.accessdata.fda.gov/drugsatfda_docs/label/2026/218316s007lbl.pdf
3. Mounjaro, FDA label, revised 01/2026
   https://www.accessdata.fda.gov/drugsatfda_docs/label/2026/215866s041lbl.pdf
4. Zepbound, FDA label, revised 04/2026
   https://www.accessdata.fda.gov/drugsatfda_docs/label/2026/217806Orig1s050lbl.pdf
5. Saxenda, FDA label, revised 02/2026
   https://www.accessdata.fda.gov/drugsatfda_docs/label/2026/206321s024lbl.pdf
6. Victoza, FDA label, revised 10/2025
   https://www.accessdata.fda.gov/drugsatfda_docs/label/2025/022341s046lbl.pdf
7. Trulicity, FDA label, revised 03/2026
   https://www.accessdata.fda.gov/drugsatfda_docs/label/2026/125469s065lbl.pdf
8. Byetta, FDA label, revised 09/2025
   https://www.accessdata.fda.gov/drugsatfda_docs/label/2025/021773Orig1s051correctedlbl.pdf
9. Bydureon BCise, FDA label, revised 05/2025
   https://www.accessdata.fda.gov/drugsatfda_docs/label/2025/209210s025lbl.pdf
10. FDA Drugs@FDA database
    https://www.accessdata.fda.gov/scripts/cder/daf/

About me

Regina Gysel, MD

physician, specialist in neuronutrient therapy

I help people manage sugar and carb cravings, anxiety, insomnia and low energy with individually selected amino acids and other nutrients for the brain, helping restore the balance of serotonin, dopamine, GABA (gamma-aminobutyric acid) and endorphins.

Want to understand which of these effects matter for you?

If you have questions about the side effects and warnings in this list, I am happy to go through them with you in a consultation. You can book and pay via PayPal right away at stopsugarcravings.ch/consultation. If you have any questions, just email me.

Want to understand what your brain is missing and what to do about it?

In a diagnostic consultation we go through your symptoms in detail and identify which neurotransmitters you may be low in: serotonin, dopamine, GABA or endorphins. I answer all your questions, and you leave with a personal recovery strategy.

How to reach me

INSTAGRAM	dr.regina.gysel
EMAIL	info@stopsugarcravings.ch
BOOKING	stopsugarcravings.ch/consultation
WEBSITE	stopsugarcravings.ch

This material is for information only and does not replace a consultation with your physician. Do not change your dose or stop your medication on your own.