Figure 1. Algorithm: Choice of Obesity Pharmacotherapy

BMI ≥ 30 kg/m² or BMI ≥ 27 kg/m² plus obesity-related co-morbidities

Consider co-morbidities or specific features

- Diabetes, prediabetes, hypertension, obstructive sleep apnea, polycystic ovary syndrome
- Craving, depression, smoking

Liraglutide 1st choice (for DM level 1, grade A; preDM level 2, grade B)
Naltrexone/bupropion 2nd (for DM level 2, grade B)
Orlistat 3rd (for DM level 2, grade B)

Naltrexone/bupropion 1st choice
Liraglutide 2nd
Orlistat 3rd

Assess after 3 months on therapeutic dose

Not sufficiently successful for weight management

Discontinue medication and try second line OR continue medication and add second-line agent

Successful for weight management

Continue medication