PATIENT & CAREGIVER EDUCATION

Orlistat

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Alli [OTC]; Xenical

Brand Names: Canada

Xenical

What is this drug used for?

- It is used to help with weight loss in certain people.
- It is used to reduce the risk of gaining weight again after weight loss.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.
- If your child has any of these health problems: Gallbladder problems, problems absorbing food, or poor eating habits.
- If your child has ever had kidney problems, including kidney stones.
- If your child has had an organ transplant.
- If your child is taking any of these drugs: Cyclosporine or levothyroxine.

If your child is pregnant:

- Do not give this drug to your child during pregnancy.

This is not a list of all drugs or health problems that interact with this drug.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- This drug is taken with a balanced, low-calorie diet that has no more than about 30% of calories from fat unless the doctor tells you otherwise. Have your child follow the diet and exercise plan as you have been told.
- Have your child eat the daily amount of fat, carbs, and protein evenly across 3 main meals. The chance of stomach or bowel side effects is higher if your child eats 1 meal with a high amount of fat in it.
- If your child takes a drug to treat seizures, talk with your child's doctor. Call your child's doctor right away if your child's seizures happen more often or get worse while taking this drug.
- If your child has high blood sugar (diabetes), you will need to watch your child's blood sugar closely.
- Rarely, severe kidney problems have happened with this drug. Untreated cases can be deadly. If you have questions, talk with the doctor.
- Liver problems have happened with this drug. Sometimes, this has been severe and has led to a liver transplant or death. If you have questions, talk with the doctor.
- Do not give more than the doctor told you to give. Giving more than you are

told may raise the chance of severe side effects.

If your child is breast-feeding a baby:

- Tell the doctor if your child is breast-feeding a baby. You will need to talk about any risks to the baby.

What are some side effects that I need to call my child's doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.
- Signs of liver problems like dark urine, tiredness, decreased appetite, upset stomach or stomach pain, light-colored stools, throwing up, or yellow skin or eyes.
- Signs of gallstones like sudden pain in the upper right belly area, right shoulder area, or between the shoulder blades; yellow skin or eyes; or fever with chills.
- Back pain, belly pain, groin pain, or blood in the urine. May be signs of a kidney stone.
- Black, tarry, or bloody stools.
- Pain when passing urine.
- Passing urine more often.
- Swelling.
- If your child has high blood sugar (diabetes) and takes drugs to lower blood

sugar, talk with the doctor. Weight loss may raise the chance of low blood sugar if your child takes drugs to lower blood sugar. Call the doctor right away if your child has signs of low blood sugar like dizziness, headache, feeling sleepy or weak, shaking, a fast heartbeat, confusion, hunger, or sweating.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Stomach pain or diarrhea.
- Not able to control stools.
- Gas with discharge, oily spotting, and feeling the need to go to the bathroom.
- Fatty or oily stools.
- Upset stomach.
- Headache.
- Feeling tired or weak.
- Period (menstrual) changes.
- Signs of a common cold.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

- Give this drug with each main meal that has fat in it or up to 1 hour after the meal. You may skip a dose if your child misses a meal or if the meal does not have fat in it.
- Give a multivitamin that has fat-soluble vitamins while your child takes this drug. Give it at least 2 hours before or 2 hours after this drug. Bedtime may be a good time to give the multivitamin. Check with the doctor or pharmacist if you need help choosing a multivitamin.
- This drug may prevent other drugs taken by mouth from getting into the body. If your child takes other drugs by mouth, your child may need to take them at some other time than this drug. If your child takes certain drugs, the doctor may also watch to be sure they work as well while your child is taking this drug. Talk with the doctor.

What do I do if my child misses a dose?

- Skip the missed dose and go back to your child's normal time.
- Do not give 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

- Store at room temperature in a dry place. Do not store in a bathroom.
- Keep lid tightly closed.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your child's doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

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This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

Last Reviewed Date

2026-10-22

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Orlistat - Last updated on December 12, 2022
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