

GLP-1 medicines can help you lose weight and control your blood sugar. They also help you feel full and satisfied with less food. This can help you eat a healthy diet and stay active. GLP-1 medicines are also used to treat type 2 diabetes and some other conditions.

GLP-1 medicines are usually taken once a day. They are available as oral pills or as injections. Your doctor will tell you which one is best for you. It's important to take your medicine as directed and to see your doctor regularly to check your progress.

GLP-1 Medicines

GLP-1 medicines are a type of medication that helps your body produce more of a hormone called GLP-1. This hormone helps you feel full and satisfied with less food. It also helps your body use insulin better to control your blood sugar. GLP-1 medicines are used to treat type 2 diabetes and some other conditions. They can also help you lose weight.

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Clear Liquid Diet (www.mskcc.org/cancer-care/patient-education/clear-liquid-diet)

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Eating and Drinking Before Your Surgery or Procedure (www.mskcc.org/cancer-care/patient-education/eating-and-drinking-before-your-surgery-or-procedure-when-taking-glp-1-medicines)

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About Your Upper Endoscopy - Last updated on June 1, 2026
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