What is Saxenda?

Saxenda is a weight-loss treatment which can help adults to lose weight when used alongside a lower-calorie diet and exercise routine. If you have a BMI of 30 and above or a BMI of over 27 with any weight related medical problems and are finding it difficult to lose weight and keep it off, Saxenda weight loss injections may be right for you. They help you to feel fuller, which may help you to eat less and reduce your calorie intake, which leads to losing weight and may help you to keep it off.

How does the liraglutide in Saxenda work for weight loss?

The active ingredient in Saxenda is liraglutide, a medication which is similar to a naturally occurring hormone in your body which is called GLP-1 (glucagon-like peptide-1). GLP-1 is created in your digestive system after you eat a meal and is a hormone which tells your body that you’re full and helps to regulate your hunger. By creating a similar effect to GLP-1, liraglutide helps to reduce your appetite and makes you feel fuller, which may lead to you consuming fewer calories and therefore losing weight. When paired with a low-calorie diet and regular exercise, this treatment can help you to lose weight and keep it off.

Can I use the weight loss pen?

The Saxenda weight loss pen should only be used by adults over the age of 18 who have a BMI (body mass index) of 30 or more and fall into the obese weight category. It also may be used by adults who have a BMI between 27 and 30 who have weight-related health problems, such as diabetes, high blood pressure, or obstructive sleep apnoea (a condition which causes breathing problems when you sleep). If you do not fall into either of these categories, this weight loss medication is not recommended for you and you should not attempt to use it for weight loss. If you’re unsure about your BMI, you can use the [NHS’s BMI calculator](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/), which will ask for your height, weight, and some other details so it can work out your BMI for you.

Will I need to change my diet when I’m using these weight loss injections?

You will need to follow a low-calorie diet and exercise more while taking Saxenda weight loss injections. Your prescriber will be able to provide a diet and exercise programme for you to use alongside your weight loss injections which will help you to get the most out of your treatment. This will not only work alongside your weight-loss treatment but will help you to make lifestyle changes and create good habits which will help you to maintain your weight loss when you eventually end your treatment.

Do weight loss injections work?

Yes, Saxenda works for weight loss when it’s used correctly. However, this doesn’t mean that you’ll lose weight if you take liraglutide injections but don’t make any other lifestyle changes. The treatment needs to be used alongside a low-calorie diet and regular exercise to be at its best, it won’t do all the weight loss work for you, but it can make your dietary changes feel easier.

How much weight can you lose on Saxenda?

The amount of weight you can lose when you’re taking Saxenda will depend on your own personal circumstances. For starters, your starting weight will play a part in the amount of weight you could potentially lose, as well as your current diet and exercise plan. When you start to take liraglutide, the doctor will take down your starting weight and use that to monitor your progress during the first 12 weeks of treatment. If you have increased your daily dose to 3mg of liraglutide but have not lost at least 5% of your body weight during this time, these injections probably aren’t the right weight-loss treatment for you. With this in mind, you can determine that if this treatment does work for you, you will usually lose at least 5% of your starting weight within 12 weeks of increasing to a maximum daily dose of 3mg a day. If you’re concerned about the amount of weight you’re losing while taking this medication, you should speak to the doctor and ask for their advice.