

Dietary Advice For Renal Patients Taking Orlistat

Being overweight is associated with certain health problems, such as heart disease, osteoarthritis and some cancers. The best way to lose weight is to eat a healthy diet and to keep active.

Orlistat (Xenical) is a drug that can help with weight loss. Research has shown that taking this medication along with eating a healthy diet and keeping active can help with losing weight.

How does Orlistat work?

Orlistat works by reducing the absorption of fat from your food, this means that a third of the fat from your food will pass through your body in your stools.

Side-effects

It is recommended that you avoid foods high in fat as this can increase the chances of you experiencing side effects.

Side effects include wind, diarrhoea and smelly stools and an urgency to pass stools.

It can be usual to have some side effects but these usually get better with time and by following a low-fat diet.

Dose

It is recommended that you take 1 tablet (120mg) three times per day. The tablet should be taken immediately before, during or up to 1 hour after a meal. If a meal is missed do not take the tablet.

Foods Allowed	High Fat Foods to Avoid
Meat/ Alternatives Lean meat, soya, tofu Quorn	Meat All visible fat on meat Skin on meat, crackling Fatty meat e.g. sausages, black pud-ding, luncheon meat, belly pork, faggots, pork pie, salami, duck, goose, pate, sausage rolls, pasties Fried meat
Fish White fish such as cod, plaice, haddock	Fish All oily fish e.g. kippers, pilchards, sardines, tuna Any fish canned in oil Fried fish (fish in batter or bread-crumbs)
Eggs Egg white 1 boiled or poached egg or scrambled with no fat	Eggs Fried eggs Scotch eggs (some people can be sensitive to egg)
Dairy Product Skimmed milk Semi-skimmed milk Low fat soya, coconut, rice or oat milk Fromage Frais, 'diet', 'light' and low fat yoghurts, fat free plain yoghurts Coffee Mate light	Dairy Product Whole milk Cream, cream alternatives, evaporated milk, ice-cream Coffee Mate, Coffee Compliment, Instant dried milk powders with non-milk fat Thick and creamy yoghurt, Greek yoghurt unless low fat. Crème Frais unless low fat



Foods Allowed	High Fat Foods to Avoid
Cheese Cottage cheese 5% or less cream cheese e.g. Philadelphia lightest	Cheese Full fat and reduced fat cheese, cream cheese
Fats Low fat spread in small amounts. Spray oil (one cal spray or similar)	Fats Lard, suet, dripping, vegetable oils, butter or margarine All fried foods
Fruit and vegetables Fruit – fresh, stewed, tinned Boiled vegetables – fresh, frozen, tinned Beans, lentils, pulse vegetables Boiled, mashed (without margarine or butter)	Fruit and vegetables Avocado pears, olives and nuts Chips, roast potatoes and crisps (including reduced fat crisps). Oven chips Potato waffles Fried vegetables
Beverages Water, tea, sugar free squashes Diet fizzy drinks Coffee (one a day)	Beverages Cocoa, chocolate or malted drinks, including instant malted milk drinks and hot chocolate Advocaat and cream liqueurs Fruit juices
Cereals and biscuits Bread (wholemeal) Crispbreads (wholemeal) Rice, pasta, breakfast cereals, flour, and chapattis (made without fat) (wholemeal)	Cereals and biscuits Pastry, shortbread, cakes, sponge puddings, biscuits, cereal bars with nuts or chocolate Batters, Yorkshire puddings, dumplings, fried bread, fried rice Chapattis fried in fat, naan bread, samosas, pakoras

Foods Allowed	High Fat Foods to Avoid
Miscellaneous Vinegar, herbs, spices, pepper, fat free salad dressings.	Miscellaneous Toffee, fudge, chocolate, lemon curd, peanut butter, mince meat, marzipan Take away meals Cream soups, sauces and gravy made with excess butter or margarine Mayonnaise, salad cream, salad dressings, tomato ketchup, pickles Indian sweets made with condensed milk Fried Indian foods such as samosa, pakora, paratha, chevda Nuts

Food labels

When reading food labels look at the 'total fat' and the 'per 100g' column and pick foods that have less than 5g.

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