

## Disclaimer

Please ensure you read and understand the following information prior to completing the medical assessment. The consultation should not take longer than 3-5 minutes to complete.

It is important that you answer all the questions correctly and honestly to allow the Pharma Health clinical team to assess your needs and ensure the treatment is safe and effective for you.

The information you provide us is treated with the utmost confidentiality & will be reviewed by a UK registered pharmacist prescriber. The questions listed in this medical assessment will help provide the pharmacist prescriber with an appropriate level of information to make an informed decision on whether the treatment is suitable for your condition.

## Confirmation

**By clicking “Continue”, you are confirming that you:**

### General

- Are 18 years old or above.
  - Are completing this questionnaire for yourself and to the best of your knowledge.
  - Understand that any treatment prescribed for you is for your personal use only.
  - Will disclose any serious illnesses or operations you have had.
  - Will disclose any medications (including prescription and non-prescription medications) you currently take.
  - Are happy for us to contact you if we have any queries about your condition.
  - Agree to follow any additional advice given by the Pharma Health clinical team.
  - Have read, understood and agreed to our Terms & Conditions, Privacy Notice and Terms of Sale.
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- Understand that you must lose your target loss of 5% of body weight after 12 weeks of starting treatment with Orlistat to be eligible to continue treatment.
  - Understand that treatment with Orlistat cannot be continued if you gain weight.
  - Have a BMI of over 28 and the treatment with Orlistat is only appropriate if your BMI is greater than 28.
  - Understand that Orlistat will not work alone. For best results, this medication must be combined with a weight management plan and regular exercise.
  - Understand that Orlistat should be taken with a well
  - balanced, calorie controlled diet that is rich in fruit and vegetables and contains an average of 30% of the

calories from fat.

- Understand that if you take multivitamin supplements, these should be taken 2 hours after the Orlistat dose, or at bedtime.
- Understand that Orlistat can reduce the absorption of oral contraceptives and therefore reduce their effectiveness and increase the risk of their failure. You should use additional forms of contraceptive whilst taking orlistat (only applies to female patients).
- Understand that you must only use one weight loss medication at a time, or you'll get severe side effects.

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