MOVE!®

Medications Can Cause Weight Gain

Here are examples of medicines that may cause you to gain weight:

- Some anti-psychotic medications prescribed for schizophrenia and posttraumatic stress disorder

- Some anti-depressant medications

- Some diabetes medications

- Hormones

    – Birth control medication

    – Hormone replacement therapies

    – Steroids

- Some over-the-counter medications, like naproxen sodium, contain high levels of sodium, causing you to hold water

There may be alternatives for these medications. Talk to your health care team or pharmacist if you think your medicines may be causing you to gain weight.

Never stop taking a medicine without first talking to your health care team, but do let them know about your concerns.