**Everything You Need To Know About Oral Semaglutide**

Semaglutide is an injectable medication that is getting a lot of attention regarding its effects on weight loss. It is difficult for most people to shed those extra pounds and maintain a healthy weight. These can result in adverse health consequences such as hypertension, diabetes, and cardiovascular diseases later in life.

Research has demonstrated that weight loss of as little as 5-10% of body weight can significantly improve health. There is evidence that oral semaglutide aids people in achieving this weight loss target.

**What Is Oral Semaglutide?**

Oral semaglutide is a medicine that may help control blood sugar and weight. It works like a natural hormone called GLP-1 that helps with sugar and hunger. Oral semaglutide acts like GLP-1, telling your body to make more insulin when sugar levels increase and slowing down how fast food leaves your stomach. This can make you feel full for longer, which can help with blood sugar control and weight loss by making you eat less. Studies show oral semaglutide may lower blood sugar in people with type 2 diabetes and help with weight loss. It might also help lower blood pressure and improve cholesterol.

**Is the Oral Version as Effective as the Injectable Version?**

No studies directly compare how well oral semaglutide works for weight loss compared to the injectable version. However, separate studies on both options give us valuable information.

One [study](https://doi.org/10.2337/dc19-0749) found that taking oral semaglutide daily led to similar weight loss as other weight loss medications, including injectable semaglutide. Both medicines were reported to be safe.

Another [study](https://doi.org/10.1016/S0140-6736(23)01185-6) showed that people who had trouble losing weight in the past could lose a significant amount of weight, around 15.1% on average, by taking oral semaglutide daily. This suggests that oral semaglutide and the injectable version might work for weight loss.

Looking closer at weight loss results, studies on injectable semaglutide found that people lost an average of 5.9% of their weight after three months and [10.9%](https://doi.org/10.1001/jamanetworkopen.2022.31982) after six months. For someone weighing 265 pounds, this could mean losing over 29 pounds within six months.

On the other hand, the [study](https://doi.org/10.1016/S0140-6736(23)01185-6) on oral semaglutide showed that people lost 15.1% of their weight after 68 weeks, and some even lost up to 20%. This suggests that oral semaglutide might be more helpful for people trying to lose weight and keep it off for a long time.

Both oral and injectable semaglutide can help people manage their weight when used with healthy lifestyle changes like eating nutritious foods and exercising. The best choice depends on a person's preference and situation.

**Are There Any Side Effects?**

Like many medications, oral semaglutide can cause side effects in some people. The good news is that most side effects are mild and go away over time, especially as your body gets used to the medication.

Here's a list of common side effects:

* Nausea
* Vomiting
* Diarrhea
* Constipation
* Heartburn

These usually happen when you first start taking oral semaglutide or when your dose is increased. There are a few things you can do to ease these side effects. Taking your medication with food or before bed at night might help. Drinking plenty of fluids can also help with constipation.

It's important to know that oral semaglutide may not be suitable for everyone. In rare cases, more severe side effects can happen. This includes inflammation of the pancreas, which doctors call pancreatitis. If you experience severe stomach pain that doesn't go away, chills, vomiting, or yellowing of your skin or eyes, see a doctor immediately.

**Where Can I Get It?**

Oral semaglutide can't be bought over the counter. You'll need a doctor's visit and a prescription to get it. There's a brand name version called Rybelsus®, but it can be expensive.  Some people may have to pay a lot for it out of their pocket.

There's another option called compounded oral semaglutide. Licensed pharmacies mix these medications to fit a patient's needs. They contain the same main ingredients as brand-name medications but often cost much less. Talk to your doctor about whether oral semaglutide suits you and if the brand-name or compounded version would be a better fit for your budget.

**How Do I Take It?**

Oral semaglutide is usually taken once a day in the morning. Try to take it simultaneously each day to keep things on track for your body. Take it on an empty stomach at least 30 minutes before you have anything to eat or drink except water. Swallow the pill whole with just a tiny amount of plain water. Don't break, crush, or chew the tablet.

If swallowing the whole tablet is difficult, talk to your doctor about other options. Taking your daily dose is essential, and try not to miss any. If you forget to take your dose one day, don't take extra medicine the next day. Take your normal dose the following morning and return to your regular schedule.

**Is It Legal To Take Compounded Oral Semaglutide?**

Yes, you can legally get [compounded oral semaglutide](https://ivyrx.com/products/oral-semaglutide-drops?_pos=1&_sid=2fbf565bd&_ss=r)with a prescription from your doctor. Special pharmacies called compounding pharmacies mix medications to meet a patient's specific needs. These pharmacies have to follow strict rules to ensure the medicines are safe and effective.

Compounded oral semaglutide can be cheaper, but you must first talk to your doctor about the pros and cons. They can help you decide if compounded oral semaglutide is the right option for you, considering the benefits and drawbacks. They can also recommend reputable compounding pharmacies that follow the highest quality standards.