

People say these ‘absolutely horrid’ GLP-1 side effects are ‘worth it’ for weight loss

Rachel Sacks · February 15, 2026

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It’s worth the weight — loss, that is.

Despite their blockbuster popularity, GLP-1 medications come with a handful of side effects, mainly along the lines of gastrointestinal issues like nausea and constipation.

But for many, the results justify the suffering, as one study shows the main motivator behind the continued use of the medications.

It turns out people are willing to endure a lot if it means they meet their weight-loss goals.

And users of Ozempic are more than willing to endure “absolutely horrid” side effects that would even leave them bedridden for days, according to research from Rutgers University and the University of Sydney.

An analysis of 60 online reviews from people using the drug for weight loss, published in the Journal of Medical Internet Research, found that adverse reactions, even constant vomiting, didn’t cause users to discontinue treatment — so long as the numbers on the scale were going down.

Two-thirds of reviewers who reported weight loss, suppressed appetite or food cravings disappearing gave the medication high marks, even if they were out of commission.

And those who were continuing to see the pounds come off plan to stay on the drug after dealing with nausea and stomach problems, saying, “The side effects at the beginning were worth it.”

But despite whether or not someone lost weight, all the users experienced one of the five most common symptoms of nausea, stomach pain, vomiting, diarrhea and constipation.

Some users saw the effects as useful for giving up bad habits that could worsen issues like constipation.

About half of reviewers noticed drastic changes in their appetites — a key effect of GLP-1s — yet several still didn’t see the scale budge and decided to stop the drug.

Researchers also noted that more serious complications, like dehydration and blood loss, were more common among people who gave lower ratings or planned to stop.

Clinical trials of semaglutide (the active ingredient in Ozempic, Wegovy and Rybelsus) have shown that weight loss plateaus after about a year.

Those who quit GLP-1s often see the pounds come right back on, even up to four times faster if physical activity and healthy eating aren't kept up with.

Stomach issues aren't the only side effects that come with medications that promise to help people shed weight.

Many have noticed sagging jowls, sulfurous burping, a runny nose and a host of other strange issues with the jab.