

Pre-ObesityWeek 2026 tolerability snapshot

Stomach and gut side effects of approved incretin drugs, pooled from ClinicalTrials.gov results · data as of 4 October 2026 · Magistra

How to read this. Each cell shows how often an effect was reported in clinical trials of that drug, pooled across trials: first as a percentage, then in plain words ("about 1 in 4"), then the 95% confidence interval (the range the true figure probably sits in) and how many trials it rests on. Wide or overlapping ranges mean the drugs can't be told apart on this evidence. Not medical advice.

Drug	Nausea	Vomiting	Diarrhoea	Constipation
Semaglutide (oral)	12% (about 1 in 8) 95% CI 1–60 · 12 trials NCT03914326 carries 62.5%	12.4% (about 1 in 8) 95% CI 4–32 · 9 trials	14.7% (about 1 in 7) 95% CI 6–33 · 10 trials	11.3% (about 1 in 9) 95% CI 3–39 · 8 trials
Semaglutide (injectable)	32% (about 1 in 3) 95% CI 12–61 · 13 trials	16.4% (about 1 in 6) 95% CI 7–35 · 13 trials	21.5% (about 1 in 5) 95% CI 9–42 · 13 trials	16.6% (about 1 in 6) 95% CI 4–47 · 12 trials
Tirzepatide	25.4% (about 1 in 4) 95% CI 12–47 · 12 trials NCT04255433 carries 68.2%	11.3% (about 1 in 9) 95% CI 6–21 · 12 trials NCT04255433 carries 68.2%	23.3% (about 1 in 4) 95% CI 14–36 · 12 trials NCT04255433 carries 68.2%	13.2% (about 1 in 8) 95% CI 5–33 · 12 trials NCT04255433 carries 68.2%
Liraglutide	20.7% (about 1 in 5) 95% CI 6–54 · 11 trials NCT01179048 carries 52.7%	12.9% (about 1 in 8) 95% CI 6–25 · 10 trials	11% (about 1 in 9) 95% CI 4–27 · 11 trials NCT01179048 carries 52.7%	12.8% (about 1 in 8) 95% CI 5–28 · 9 trials
Dulaglutide	18.2% (about 1 in 5) 95% CI 10–32 · 11 trials	7.9% (about 1 in 13) 95% CI 3–18 · 10 trials	15.6% (about 1 in 6) 95% CI 9–24 · 10 trials	9.5% (about 1 in 11) 95% CI 5–16 · 9 trials NCT04255433 carries 50.3%
Exenatide	15.7% (about 1 in 6) 95% CI 3–55 · 5 trials	8.2% (about 1 in 12) 95% CI 2–25 · 4 trials	9.6% (about 1 in 10) 95% CI 4–23 · 4 trials	5.7% (about 1 in 18) 95% CI 4–7 · 3 trials
Lixisenatide	23.8% (about 1 in 4) 95% CI 19–30 · 5 trials NCT01147250 carries 66.3%	9.1% (about 1 in 11) 95% CI 6–13 · 5 trials NCT01147250 carries 66.3%	9.3% (about 1 in 11) 95% CI 5–16 · 5 trials NCT01147250 carries 66.3%	insufficient data fewer than 3 trials

Limits you should know.

- "Trials" counts distinct trials. A trial can post several arms (doses or periods), and a crossover study can count the same people more than once.
- Registries only list side effects above each trial's reporting threshold (usually 5%), so rarer effects are under-counted and small cells can read high.
- Each cell mixes doses and populations (obesity, type 2 diabetes and heart-outcome trials). These are not like-for-like, dose-matched comparisons.
- Where one trial carries more than half of a cell's weight, it is named in pink: that cell mostly reflects that one trial.

The full benchmark: all 15 tracked effects for each approved incretin in our corpus, per dose where trials state it, with every source arm listed (trial ID, n at risk, n affected), exclusions and method. A cell with fewer than 3 trials is marked "insufficient data", never filled, and emotional blunting carries no figure (no citable clinical rate for any drug). Prepared to order, delivered within 10 working days, £990. magistra.health/en/benchmark

Method: Registry-posted results only: ClinicalTrials.gov adverse-event tables for each drug's own trial arms, as stored in the Magistra corpus. Each cell pools the arm-level rates for one drug and one effect with the same function the site publishes its estimates with: rates from one trial collapse to one entry (the plain mean of that trial's arms), entries are weighted by sample size and extraction confidence, and the 95% i... Full method and sources: magistra.health/en/benchmark · Free to share with attribution (Magistra, magistra.health).