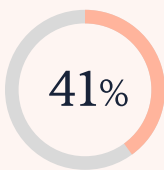


NEW SURVEY

Digestive side effects cause 41% of GLP-1 users to suffer in silence, self-adjust, or consider quitting

A new national survey commissioned by [Oshi Health](#) and conducted by Morning Consult revealed that 75% of GLP-1 users experience a variety of digestive side effects, and that 41% are either silently enduring their symptoms, quietly adjusting medication on their own, or at risk of stopping the medication altogether.

Here are the findings:



of GLP-1 users are enduring significant GI distress, modifying their medication, or at risk of stopping



19% endure significant side effects because the benefits are worth it

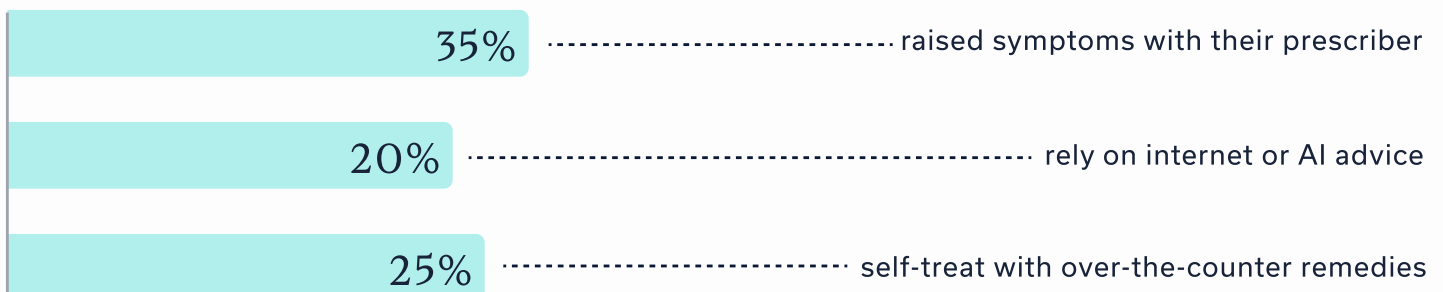


11% have seriously considered stopping, or have stopped



11% have reduced their dose, skipped doses, or changed how they take the medication on their own, without provider guidance

Yet only 12% of symptomatic users have seen a GI specialist

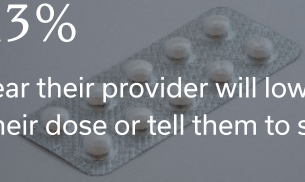




More than 1 in 5 GLP-1 users think stomach problems are just the price to pay

13%

fear their provider will lower their dose or tell them to stop



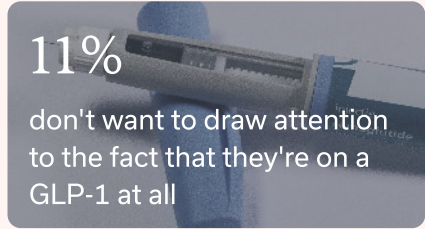
14%

are embarrassed to discuss symptoms like diarrhea, gas, and constipation



11%

don't want to draw attention to the fact that they're on a GLP-1 at all



Among GLP-1 self-adjusters, another care gap exists

Half of self-adjusters have, or suspect they have, an underlying GI condition

50%

A third don't think their doctor would help

30%

Nearly a quarter looked for support and couldn't find it

22%



When patients start adjusting their own doses, it often means they're struggling with symptoms they believe they just have to live with. These symptoms are real, they're worth taking seriously, and in most cases they're treatable. **The worst thing someone can do is suffer in silence** and assume nothing can be done."

SAMEER K. BERRY, MD

Chief Medical Officer
at Oshi Health



96%

of Oshi's GLP-1 patients achieve symptom control

Medical, dietary, and behavioral support, all in one place



75% of GLP-1 users report at least one digestive side effect

And nausea isn't the whole story.



Nausea

32%

Constipation

26%

Bloating or gas

25%

Acid reflux /
heartburn

21%

Uncomfortably full
after eating very little

21%

Diarrhea

21%

Stomach or
abdominal pain

18%

Loss of appetite to
the point of concern

14%

Vomiting

10%

The takeaway

With roughly 1 in 8 American adults now taking a GLP-1, millions of people could be caught between giving up a potentially life-altering medication and accepting a daily toll on their quality of life, often without the specialized care that is proven to help. By breaking this stigma and raising awareness of clinical support that's proven to bring symptoms under control, people can feel better and reach their health goals.

This survey was conducted online in the United States by Morning Consult on behalf of Oshi Health from June 2-4, 2026, among 1,012 adults currently taking a GLP-1 or who have taken one within the past [12] months, screened from a nationally representative panel of US adults. Data were weighted by age, gender, race, education, and region. The margin of error for the full sample is ± 3 percentage points; margins of error for subgroups are larger. Respondents could select more than one answer to some questions, so those percentages may total more than 100%.