
Safety Flags at a Glance

Safety flags appear right after advice that could cause real harm for some people. The table below lists every safety flag in the book, with page numbers so you can find them again quickly. Safety flags are separate from evidence labels: a medicine with strong evidence can still carry a safety flag.

Safety flag	Page
Older adults, people prone to falls, people with little muscle	p. 13 (Ch. 2)
Eating too little for days at a time	p. 24 (Ch. 3)
Hard exercise with heart disease, dizziness or dehydration	p. 32 (Ch. 4)
Tirzepatide and birth control pills	p. 39 (Ch. 5)
Planning a pregnancy	p. 40 (Ch. 5)
Anesthesia, surgery, endoscopy	p. 41 (Ch. 5)
Severe belly pain, possible pancreatitis	p. 43 (Ch. 5)
Vomiting that won't stop, and dehydration	p. 43 (Ch. 5)
Sudden blurred vision	p. 44 (Ch. 5)
People taking a GLP-1 medicine for diabetes	p. 53 (Ch. 6)
Splitting doses, mixing your own medicine, sharing pens	p. 61 (Ch. 7)

Safety flag	Page
Medicine bought online or without a prescription	p. 75 (Ch. 9)
Dosing errors when drawing up compounded medicine	p. 76 (Ch. 9)
A history of medullary thyroid cancer or MEN ₂	p. 83 (Ch. 10)
A history of an eating disorder	p. 85 (Ch. 10)
Drinking alcohol while eating very little	p. 91 (Ch. 11)