

Creatine during weight loss

A short safety checklist to take to your consultation

1. Start with the goal

- ☐ I understand that creatine is not a fat-loss medicine.
- ☐ My plan includes resistance exercise and an appropriate protein intake.
- ☐ I will track strength, waist and wellbeing - not only one scale reading.

2. Review health and medicines

- ☐ I have told my clinician about kidney disease, pregnancy or breastfeeding.
- ☐ I have listed my medicines and other supplements.
- ☐ I will mention creatine before kidney blood tests because it can affect serum creatinine.

3. Check the product and plan

- ☐ I will bring the full product label to my appointment.
- ☐ I will ask why this product, amount and timing suit my own plan.
- ☐ I know that a loading phase is not automatically necessary.
- ☐ I will report stomach upset, new symptoms or difficulty following the plan.

Questions for my appointment

1. _____
2. _____
3. _____

This handout is for discussion, not a personal prescription. The Derm Edit - doctor-led dermatology, wellness and weight-loss care in Anna Nagar and Mogappair, Chennai. Message us on WhatsApp for details.