

# Phentermine & Phendimetrazine Information Sheet

These medications are FDA approved medications for weight loss which are stimulants that help reduce your hunger and food cravings. They are similar to a class of medications called amphetamines. These medications have stimulant properties that can increase heart rate, increase blood pressure and stimulate the nervous system.

You are not eligible to take these medications if:

- ~ you are under 16 years old
- ~ you have a history of heart attack, congestive heart failure or arrhythmias
- ~ you have uncontrolled blood pressure (>160/100)
- ~ you have glaucoma
- ~ you have history of drug or alcohol abuse
- ~ you have history of severe anxiety or depression
- ~ you are pregnant or breastfeeding

## Indications And Use

These medications are best used in combination with diet and exercise. The medications are FDA approved for short-term use, but the duration of short-term use has not been defined by the FDA. We may opt to give these medications for longer periods of time if the patient continues to have weight loss success with continued compliance with the weight loss program, as well as no evidence of medication abuse. The medications may occasionally be given at doses above the FDA approved dose depending upon clinical circumstances.

## Associated Medication Risks:

Do not take these medications with tricyclic antidepressants, Wellbutrin, Zyban or MAO inhibitors. They should also not be taken with ADD/narcolepsy drugs like Ritalin, Adderall, Dexadrine or other amphetamines. These medications must be used with caution if taken with a type of depression medication called SSRI's.

Do not use this medication if pregnant or nursing or if you may become pregnant during use. Discontinue use immediately if you discover you are pregnant.

## Possible side effects include:

- Bad taste in mouth
- Constipation/Diarrhea/Nausea/Vomiting
- Difficulty sleeping
- Dizziness
- Dry mouth
- Sense of well-being
- Headache
- Nervousness/Restlessness/Mood changes
- Upset stomach
- Altered sex drive

Rare side effects include chest pain, palpitations, blurred vision, seizures, slurred speech and severe dizziness. IF YOU DEVELOP ANY OF THESE SYMPTOMS, STOP THE MEDICATION IMMEDIATELY AND SEEK MEDICAL ATTENTION.

**Allergic reactions may occur involving:**

- Rash/hives
- Difficulty breathing/tightness in the chest
- swelling of the face, lips, or tongue.

IF YOU DEVELOP ANY OF THESE SYMPTOMS, STOP THE MEDICATION IMMEDIATELY AND SEEK MEDICAL ATTENTION.

**General Information:**

Phentermine is a Schedule IV medication and Phendimetrazine is a Schedule III medication. Like all prescription medications, they should never be sold, shared or given to another person.

Lost pills or Rx will not be replaced under any circumstances.

Stolen pills will be considered for replacement if you provide a written police report.

Patient response to these medications may vary. Successful weight loss depends on many factors including a healthy diet, active diet and routine exercise.