

Topiramate Information Sheet

Topiramate in combination with Phentermine has been shown to assist with weight loss. This combination is part of an FDA approved medication for weight loss. The effect of combination therapy with Topiramate/Phentermine in cardiovascular morbidity and mortality has not been established.

Precautions and Contraindications

Topiramate has not been studied in pregnant women. Studies in pregnant animals using doses much larger than humans indicate that Topiramate may cause birth defects in unborn babies, as well as causing problems in pregnant patients. If you are pregnant or planning to become pregnant, notify your provider. Breastfeeding while on Topiramate is not recommended since Topiramate does pass into breast milk.

Avoid drinking alcohol or taking illegal drugs while taking Topiramate. Topiramate can make you sweat less making it easier for you to become overheated. Be careful when in hot places not to let yourself get overheated. Drink plenty of water and avoid dehydration. Topiramate can increase risk of kidney stones in patients who are susceptible.

General Information

Topiramate is generally taken with or without food. Do not crush or chew the tablets. You may notice a bitter taste and this is normal. If you miss a dose of Topiramate, take it as soon as you remember unless it is close to when your next dose is due. If it is close to your next dose, wait until then to take the medication and skip the missed dose. Do not double your next dose or take more than your prescribed dose.

Do not suddenly stop taking Topiramate without talking to your provider first. You may want to gradually lower your dose rather than stopping it abruptly.

If an overdose occurs, whether intentional or accidental, immediate medical attention may be necessary. Call your doctor or emergency medical service (911). You may also contact the poison control center (1-800-222-1222). If you take too much Topiramate, you will feel sleepy, think slowly, lose your appetite, and may develop blurred vision or an abnormal heart rate. A specific antidote does not exist for Topiramate.

Possible Side Effects

Like all medications, Topiramate has possible side effects.

Some of the more common side effects are unsteadiness, confusion, tingling sensations, dizziness, drowsiness, memory problems, nervousness, slowing of mental/physical activity, speech/language problems, trouble concentrating, fatigue and weakness.

Some of the less common side effects are mood/mental changes, aggression, agitation, apathy, irritability, depression, increased eye pressure, uncontrolled eye movements, stomach pain, fever, chills, sore throat, change in taste or menstrual changes.

Topiramate can cause kidney stones, so drink plenty of water to minimize the risk.

Topiramate makes some people feel clumsy, drowsy or have trouble thinking clearly. Be careful about doing things that take good concentration until you find out how Topiramate affects you.

Rarely, people may experience eye pain, blurred vision, double vision, hearing loss, painful urination, loss of bladder control or allergic reaction. If you develop these problems, stop the medication and call your doctor immediately.

Medication Interactions

Some medications that may interact with Topiramate include: Diamox, Tegretol, Dilantin, Depakote, Daranide, Trusopt, birth control pills, Cerebyx, Glucophage, Naptazane, evening primrose oil and ginkgo.

Oral contraceptives (birth control pills) may not work properly if you take them while you are taking Topiramate. Unplanned pregnancies may occur. You should use a different or additional means of birth control while you are using Topiramate.