

## What is Phentermine?

Phentermine is a stimulant that is similar to an amphetamine. Phentermine is an appetite suppressant that affects the central nervous system. Phentermine is used together with diet and exercise to treat obesity (overweight) in people with risk factors such as high blood pressure, high cholesterol, or diabetes. Phentermine may also be used for other purposes not listed in this medication guide.

### What should I discuss with my healthcare provider before taking Phentermine?

Do not use phentermine if you have used an MAO inhibitor such as furazolidone (Furoxone), isocarboxazid (Marplan), phenelzine (Nardil), rasagiline (Azilect), selegiline (Eldepryl, Emsam, Zelapar), or tranylcypromine (Parnate) in the last 14 days. A dangerous drug interaction could occur, leading to serious side effects. Taking Phentermine together with other diet medications such as fenfluramine (Phen-Fen) or dexfenfluramine (Redux) can cause a rare fatal lung disorder called pulmonary hypertension. Do not take this medicine with any other diet medications without your doctor's advice.

### What is the most important information I should know about Phentermine?

- Weight loss during pregnancy can harm an unborn baby, even if you are overweight.
- Do not use Phentermine if you are pregnant.
- Phentermine may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be alert.
- Drinking alcohol can increase certain side effects of this medicine.
- Phentermine is only part of a complete program of treatment that may also include diet, exercise, and weight control. Follow your diet, medication, and exercise routines very closely.
- Phentermine may be habit-forming and should be used only by the person it was prescribed for. Never share Phentermine with another person, especially someone with a history of drug abuse or addiction. Keep track of the amount of medicine used from each new bottle. Phentermine is a drug of abuse and you should be aware if anyone is using your medicine improperly or without a prescription.
- Do not stop using Phentermine suddenly, or you could have unpleasant withdrawal symptoms. Ask your doctor how to avoid withdrawal symptoms when you stop using this medicine.

**You should not take Phentermine if you are allergic to it, or if you have:**

A history of heart disease (coronary artery disease, heart rhythm problems, congestive heart failure, pulmonary hypertension); severe or uncontrolled high blood pressure; overactive thyroid; glaucoma; if you are pregnant or breast-feeding; if you are in an agitated state; if you have a history of drug or alcohol abuse; or if you are allergic to other diet pills, amphetamines, stimulants, or cold medications.

**To make sure you can safely take Phentermine, tell your doctor if you have any of these other conditions:**

- High blood pressure<sup>[SEP]</sup>
- Diabetes<sup>[SEP]</sup>
- Kidney disease<sup>[SEP]</sup>
- Thyroid disorder<sup>[SEP]</sup>
- Pregnancy or nursing<sup>[SEP]</sup>
- Younger than 16 years of age<sup>[SEP]</sup>
- History of drug abuse or addiction<sup>[SEP]</sup>

**How should I take Phentermine?**

Take Phentermine exactly as prescribed by your doctor. Do not take in larger or smaller amounts or for longer than recommended. Follow the directions on your prescription label. Some brands of Phentermine should be taken on an empty stomach before breakfast or within 2 hours after breakfast. Suprenza disintegrating tablets can be taken with or without food. Using dry hands, remove the Suprenza tablet from the medicine bottle and place the tablet in your mouth. It will begin to dissolve right away. Do not swallow the tablet whole. Allow it to dissolve in your mouth without chewing. To prevent sleep problems, take this medication early in the day, no later than 6:00 pm. Talk with your doctor if you have increased hunger or if you otherwise think the medication is not working properly.

Taking more of this medication will not make it more effective and can cause serious, life-threatening side effects. Phentermine should be taken only for a short time, such as a few weeks. Do not stop taking Phentermine suddenly, or you could have unpleasant withdrawal symptoms. Ask your doctor how to avoid withdrawal symptoms when you stop using Phentermine. Store at room temperature away from moisture and heat beat.

**What happens if I miss a dose?**



Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. Do not take extra medicine to make up the missed dose.

### **What happens if I overdose?**

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. An overdose of Phentermine can be fatal. Overdose symptoms may include confusion, hallucinations, panic, feeling hostile or aggressive, nausea, vomiting, diarrhea, stomach cramps, irregular heartbeat, rapid breathing, overactive reflexes, confusion, seizure (convulsions), feeling light-headed, or fainting.

### **What should I avoid while taking Phentermine?**

Drinking alcohol can increase certain side effects of this medicine. Phentermine may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be alert.

### **Phentermine Dosing Information**

#### **Usual Adult Phentermine Dose for Weight Loss**

- Initial dose: 8 mg orally 3 times a day 30 minutes before meals. Alternatively, phentermine hydrochloride and phentermine resin may be given as a single dose of 15- 37.5 mg orally once a day before breakfast or 10-14 hours before retiring. [L]  
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### **What are the possible side effects of Phentermine?**

Get emergency medical help if you have any of these signs of an allergic reaction to phentermine: hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have a serious side effect such as: feeling short of breath, even with mild exertion; chest pain, feeling like you might pass out; swelling in your ankles or feet; pounding heartbeats or fluttering in your chest; confusion or irritability, unusual thoughts or behavior; feelings of extreme happiness or sadness; or dangerously high blood pressure (severe headache, blurred vision, buzzing in your ears, anxiety, confusion, chest pain, shortness of breath, uneven heartbeats, seizure).

Less serious Phentermine side effects may include: feeling restless or hyperactive; headache, dizziness, tremors; sleep problems (insomnia); dry mouth or an unpleasant taste in your mouth; diarrhea or constipation, upset stomach; or increased or decreased interest in sex, impotence. This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects.

You may report side effects to FDA at 1-800-FDA-1088.



### **What other drugs will affect Phentermine?**

Tell your doctor about all other medicines you use including over-the-counter, vitamin, and herbal products. Please provide a comprehensive list including insulin or oral diabetes medication; certain blood pressure medications, such as doxazosin (Cardura), prazosin (Minipress), or terazosin (Hytrin); or an antidepressant such as citalopram (Celexa), fluoxetine (Prozac, Sarafem, Symbyax), paroxetine (Paxil), sertraline (Zoloft), and others. This list is not complete and other drugs may interact with Phentermine. Do not start a new medication without telling your doctor.

### **Where can I get more information?**

Your pharmacist can provide more information about Phentermine. Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.





**Informed Consent**

Every effort has been made to ensure that the information provided by Broward ENT and Aesthetics is accurate, up-to-date, and complete, but no guarantee is made to that effect.

**Please Initial Below**

\_\_\_\_\_ I understand Phentermine treatments may involve these risks and other unknown risks

\_\_\_\_\_ I understand that use of Phentermine is absolutely contraindicated during pregnancy and breastfeeding.

\_\_\_\_\_ I understand that it is my responsibility to inform Broward ENT and Aesthetics and their medical physicians if I am pregnant, if I am trying to become pregnant or if I become pregnant during the course of these treatments.

\_\_\_\_\_ I agree to immediately report any problems that might occur to my medical provider during the treatment program. I further understand that not complying with the dosage recommendations and dietary restrictions could increase risks and alter my results from the program. If I do not follow these recommendations and restrictions, I agree to release Broward ENT and Aesthetics and their medical physicians and facility from any liability arising as a result of this.

\_\_\_\_\_ I understand that I may quit the program at any time. While adverse side effects or complications are not expected, in the event that an illness does occur, I understand that I need to contact Broward ENT and Aesthetics and their medical physicians immediately. If I experience an emergency situation, I understand that I need to go to an emergency facility.

\_\_\_\_\_ I understand that if there are any changes in my medical history or there are any changes in my medications or any other changes relevant to this procedure, I will Broward ENT and Aesthetics and their medical physicians at that time.

\_\_\_\_\_ I have read and fully understand the above terms. All my questions have been addressed to my satisfaction. I agree to release the doctor and Broward ENT and Aesthetics and their staff from any liability associated with this treatment. In the event a dispute arises over the outcome of the treatment, I consent solely to arbitration as a legal means of settlement.

I request the use of Phentermine, along with strict dietary restrictions for the purpose of weight loss. I understand that as part of the program, I will be given a limited physical, orientation to the programs with supporting materials and I will be instructed on how to administer Phentermine myself. I understand that initial blood tests may be necessary to rule out any conditions that would disqualify me from the program. I will obtain these from my own physician or have them ordered through Broward ENT and Aesthetics and their medical physicians. I understand there is no guarantee for the effectiveness of Phentermine.

Prior to my treatment, I have fully disclosed any medical conditions or diseases such as history of gallbladder disease, diabetes, autoimmune diseases, HIV, heart disease, liver disease, kidney disease, uncontrolled high blood pressure, seizure disorders, blood disorder (anemia, thalassemia, hemophilia, etc.) emphysema or asthma, and any history of stroke or cancer. These contraindications have been fully discussed with me. Further contraindications are outlined below. If I fail to disclose any medical condition that I have, I release a Broward ENT and Aesthetics and there medical physicians and facility from any liability associated with this treatment.

**Name Printed:** \_\_\_\_\_ **Name Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Witness** \_\_\_\_\_