

Specialists In Reproductive Medicine & Surgery, P.A.

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Phentermine (Adipex-P) Patient Information

Definitions:

Phentermine (*Adipex-P*) is a medication designed to suppress the appetite.

Indications:

Phentermine is used together with diet and exercise to treat Obesity.

Anatomy/Physiology/Mode of Action:

Phentermine acts on the central nervous system, the brain, as a stimulant which suppresses the appetite.

Contraindications To Taking The Medications:

Absolute Contraindications:

Do not take Phentermine if you have:

- Heart disease
- Atherosclerosis (hardening of the arteries)
- Uncontrolled High Blood Pressure
- Overactive Thyroid
- Glaucoma
- Are in an agitated state
- An Allergy to the medication
- Used a medication with the classification of MAO inhibitor in the past 14 days.

Do not take Phentermine with other diet medications such as Fenfluramine (Phen-Fen) or Dexfenfluramine (Redux) as this combination can cause a rare fatal lung disorder called pulmonary hypertension.

Relative Contraindications:

It is recommended that you avoid alcoholic beverages while taking this medication because alcohol can increase some of the side effects of Phentermine.

Adverse Drug Effects:

1. High blood pressure

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2. Insomnia
3. Dry mouth
4. Constipation
5. Heart palpitations

Call the office immediately if you have any of the following symptoms:

- Feeling short of breath, even with mild exertion
- Swelling or rapid weight gain
- Chest pain, fast or uneven heartbeat or feeling like you might pass out
- Unusual thoughts or behavior or feeling restless or confused
- Very high blood pressure, severe headache, blurred vision or buzzing in your ears

Drug Interactions:

Please tell your provider at SRMS if you are taking the following medications:

- Antidepressant medications with the classification of MAO Inhibitor
- Antidepressant medications with the classification of Selective Serotonin Reuptake Inhibitor
- Medications to treat high blood pressure
- Insulin or other medications for diabetes
- Guanadrel or Guanethidine

Pregnancy:

Phentermine is not recommended during pregnancy or breastfeeding.

Where Can I Find Out More About The Drug?

Package insert and the following sites on the WEB:

<http://www.ncbi.nlm.nih.gov/PubMed/> (input “phentermine”)

Dosage & Administration:

The usual dosage for Phentermine is 37.5 mg once per day or 15 mg once or twice per day. In order to prevent sleep disturbances, it is best to take the medication in the early morning before breakfast or at least 10-14 hours before bedtime. If you miss a dose, take the medication as soon as you remember, but avoid evening dosing. Do not take extra medicine to make up the missed dose.

After long-term use of Phentermine, you may have withdrawal effects including fatigue and depression if you stop taking the medication suddenly. Please talk to your provider at SRMS before stopping this medication.