

Phentermine



What is it used for?

Phentermine is used for weight loss. It is used to decrease appetite (feelings of hunger) in patients who carry extra weight AND who are enrolled in a weight loss program that includes dietary, physical activity, and behavioral changes.

Patients on phentermine find that they:

- feel less hunger
- find it easier to push the plate away
- have an easier time eating less

For some of our patients, these feelings are very real and immediate. For other patients, the feelings are less obvious. They do not feel much of a change but find they have lost weight. Like all weight loss medications, phentermine works best when you help it work. This means:

- having less tempting high calorie (fattening) food around the house
- staying away from situations or people that may trigger your cravings
- eating out (take out, fast food or eating in a restaurant) only one time or less each week
- eating your meals at a table with the TV or computer off

How should I take this medication?

Phentermine is usually taken as a single dose in the morning, 30 minutes before breakfast or 1-2 hours after breakfast. Phentermine works best to decrease appetite when taken in the morning. Phentermine can be habit-forming. Do not take a larger dose, take it more often, or take it for a longer period than your doctor tells you to.

Is phentermine safe?

Phentermine is not FDA approved for use in children or adolescents 16 years of age or younger. You should not take phentermine if you have seizures, uncontrolled high blood pressure, heart disease, hyperthyroidism (overactive thyroid gland), glaucoma, or if you are taking stimulant ADHD medications. Check with your doctor prior to starting any new or over-the-counter medications including other weight loss medications.

What are the side effects?

Call your doctor or get medical help right away if you have any of these side effects:

- Signs of an allergic reaction like rash, hives, trouble breathing, or swelling of the mouth, face, lips, tongue, or throat
- Increased blood pressure with a very bad headache, dizziness, passing out, or change in vision
- Chest pain or pressure
- Fast heartbeat or heartbeat that does not feel normal
- Severe restlessness, shakiness, or dizziness
- Mood changes
- Difficulty doing exercises that you have been previously able to do
- Trouble breathing
- Swelling of the arms and/or legs

Endocrinology

If you notice these less serious side effects talk with your doctor:

- dry mouth or unpleasant taste
- diarrhea or constipation
- trouble sleeping, restlessness, or feeling nervous and excitable

Phentermine is not recommended for individuals who are pregnant, planning to become pregnant, or breastfeeding.