ATHENA FAMILY MEDICINE

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ADIPEX-P® (PHENTERMINE)

Patient Information Handout · Athena Medical Weight Loss Program

WHAT IT IS

Phentermine is a prescription appetite suppressant taken by mouth. It acts on the brain to reduce hunger and is a stimulant, similar in some ways to amphetamine. It is a **controlled substance (Schedule IV)** and works best together with a reduced-calorie diet and regular activity.

Brand name	FDA-approved for
Adipex-P (phentermine)	**Short-term** use (a few weeks) as part of a weight-reduction plan that includes diet, exercise and behavior change, in people with obesity. Dr. Vo decides how long you take it and checks your progress at each visit.

Who may qualify

- Adults with a BMI of **30 or higher** (obesity)
- Adults with a BMI of **27 or higher** plus another risk factor, such as controlled high blood pressure, diabetes or high cholesterol
- Normal or well-controlled blood pressure and no heart disease
- Willing to follow a reduced-calorie diet, increase activity and keep monthly consultations
- Final decision is made by Dr. Vo after your full evaluation, exam, EKG and labs

Who does not qualify

- BMI below these levels, or wanting to lose a few pounds for cosmetic reasons
- Pregnant, trying to become pregnant, or breastfeeding
- Heart disease or uncontrolled high blood pressure
- A history of drug or alcohol misuse
- Any of the conditions in the box below

Do NOT use this medicine if you have or are

- **Heart or blood vessel disease:** coronary artery disease, heart attack, stroke, irregular heartbeat, heart failure, or uncontrolled high blood pressure
- **Overactive thyroid** (hyperthyroidism)
- **Glaucoma**
- Severe anxiety or agitation
- A history of **drug misuse or addiction**
- **Pregnancy or breastfeeding**
- Taken an **MAO inhibitor** (a type of antidepressant) in the past 14 days
- A past allergic reaction to phentermine or similar stimulant medicines

Tell Dr. Vo before starting if you have or are

- Taking any other weight loss medicine or supplement, including over-the-counter or online products. Combining them can cause serious heart and lung problems.
- Diabetes: your diabetes medicine may need to be lowered as you lose weight
- Mildly high blood pressure, anxiety, or trouble sleeping
- Kidney disease
- Taking antidepressants, ADHD medicines, migraine medicines, or decongestants
- Drinking alcohol, which can increase side effects

Common side effects

- Dry mouth or an unpleasant taste
- Trouble sleeping
- Feeling restless, jittery, nervous or irritable
- Faster heartbeat or a pounding heart (palpitations)
- Higher blood pressure
- Headache or dizziness
- Constipation or diarrhea

How it is taken

- By mouth, **once a day in the morning**, as directed by Dr. Vo. Taking it later in the day can cause trouble sleeping.
- Do not take more than prescribed. If it stops working as well, do not increase the dose yourself; tell Dr. Vo.
- Limit caffeine and avoid energy drinks
- Your blood pressure and heart rate are checked at your visits
- **Controlled substance:** keep it locked and secure; never share, sell or trade it. Lost or stolen medicine may not be replaced early. Prescriptions are tracked by the Texas Prescription Monitoring Program.

GO TO THE EMERGENCY ROOM OR CALL 911 if you have:

- **Chest pain**, or a very fast, pounding or irregular heartbeat
- **New shortness of breath**, especially with activity, fainting, or swelling of your legs or ankles (these can be signs of a rare but serious lung or heart valve problem)
- **Signs of a stroke:** sudden weakness or numbness of the face, arm or leg, trouble speaking, or confusion
- **Very severe headache** or very high blood pressure
- A seizure
- **Signs of a serious allergic reaction:** swelling of the face, lips, tongue or throat, trouble breathing, or severe rash
- **Thoughts of hurting yourself:** call or text **988** (Suicide & Crisis Lifeline) or call 911

Call our office (469-931-2602) for trouble sleeping, nervousness or mood changes that do not improve, a headache that will not go away, or blood pressure readings higher than usual at home.

This handout is general information and does not replace advice from Dr. Vo. It does not list every possible side effect. Read the Medication Guide or patient information that comes with your prescription. Athena Family Medicine is independent of all pharmacies.