



DIDREX/BENZPHETAMINE INFORMATION SHEET

What is Didrex?

Didrex, a prescription weight loss medication, is an appetite suppressant which acts as a powerful tool in the fight against excess weight. It can help you feel more in control of your appetite and food cravings. It can increase your satiety, which means that when you eat you will feel full sooner. And finally, it can help take your mind off food, so that you can think about other things. However, it is not a “magic pill”. It is important to remember that it is only a tool and will work best if you also make healthy life-style changes, such as modifying your diet, and increasing your activity level (always under the direction of your primary care physician).

Who cannot take Didrex?

You cannot take Didrex if you are pregnant (if you become pregnant while taking Didrex, you should discontinue its use), nursing or have had an allergic reaction to it. You also cannot take Didrex if you have uncontrolled high blood pressure, have an abnormal heart rhythm needing medication, have had a heart attack, have been diagnosed with Atherosclerosis, have epilepsy, have a history of amphetamine abuse or are taking any other prescribed stimulant including but not limited to medications for ADD/ADHD. There may be other medications that would prevent the use of Didrex. It is important to review all medications you are taking with the healthcare provider prescribing Didrex.

What are the possible side effects of Didrex?

- dizziness
- dry mouth
- difficulty sleeping (insomnia)
- irritability
- nausea
- vomiting
- upset stomach
- diarrhea
- constipation
- restlessness
- hyperactivity
- headache
- tremors
- increased sweating
- dry mouth
- unpleasant taste in your mouth
- skin rash.

Does Didrex interact with other medications?

Certain medications may increase the side effects associated with Didrex, such as dry mouth and increased heart rate. It is important to review all the medications you are taking with the health care provider prescribing phentermine.

What about caffeine?

Both Didrex and caffeine are stimulants. They both can cause insomnia, increased heart rate and jitteriness. It is likely that if you use caffeine while taking Didrex these side effects will be increased. It is recommended that you limit your caffeine use while taking Didrex. This is particularly important during the first week or two you are taking the medication.

DOSAGE AND ADMINISTRATION

Dosage should be individualized according to your response to Didrex. **The suggested dosage is 50 mg one to three times daily.** Treatment should begin with 50 mg once daily with subsequent increase in individual dose or frequency according to your response. A single daily dose is preferably given in mid-morning or mid-afternoon, according to the patient's eating habits. It may be desirable to avoid late afternoon administration.

Overdosage

Acute overdosage of Didrex may result in restlessness, tremor, tachypnea, confusion, assaultiveness and panic states. Fatigue and depression usually follow the central stimulation. Cardiovascular effects include arrhythmias, hypertension or hypotension, and circulatory collapse. Gastrointestinal symptoms include nausea, vomiting, diarrhea, and abdominal cramps.

PATIENT INFORMATION

Didrex may impair the ability of the patient to engage in potentially hazardous activities such as operating machinery or driving a motor vehicle; the patient should therefore be cautioned accordingly.

Call your Primary Care Physician 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
- Very high blood pressure, severe headache, blurred vision or buzzing in your ears
- fast/irregular/pounding heartbeat,
- mental/mood changes (e.g., agitation, uncontrolled anger, hallucinations, nervousness),
- uncontrolled muscle movements
- changes in sexual ability or interest.

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

28588 US Highway 98 Unit 7
Daphne, AL 36526
251-625-4030

easternshoremedicalweightloss@gmail.com
Facebook: Eastern Shore Medical Weight Loss
www.easternshoremedicalweightloss.com