



PHENTERMINE/ADIPEX INFORMATION SHEET

What is Phentermine/Adipex?

Phentermine, 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 Phentermine/Adipex?

You cannot take phentermine if you are pregnant (if you become pregnant while taking Phentermine, you should discontinue its use), nursing or have had an allergic reaction to it. You also cannot take Phentermine 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 Phentermine/Adipex. It is important to review all medications you are taking with the healthcare provider prescribing Phentermine.

What side effects have been reported for Phentermine/Adipex?

- **Stimulation:** Phentermine is a stimulant and many patients report feeling “speedy” or having extra energy while taking the medications. Many patients find this side effect to be desirable. Occasionally, patients find it unpleasant. In either case, the stimulant effect of the medication decreases with time.
- **Dry Mouth:** Most patients will experience some degree of dry mouth while taking phentermine. This side effect will help remind you to increase your water intake.
- **Insomnia:** Because it is a stimulant, phentermine will most likely keep you awake if you take it too late in the day. This side effect also decreases in most patients after they have been on the medication for several weeks.
- **Irritability:** Occasionally patients will notice that they are more irritable while taking phentermine. This side effect may be more common in men. Very rarely a patient may need to stop taking phentermine because of this side effect.

- **Constipation:** Occasionally patients will have a problem with constipation while taking phentermine. This occurs most often in individuals who have had prior problems with constipation. If you eat a high fiber diet and drink plenty of water, it is less likely to occur.
- **Increased Heart Rate:** Your heart rate may increase slightly while taking phentermine. You probably will not notice this unless you count your pulse rate. Heart rate generally goes down with weight loss. Caffeine increases the likelihood that you will notice this side effect.
- **Jitteriness:** Due to its stimulant effect phentermine can make some patients to feel jittery or shaky. This side effect generally decreases with time. The jitteriness caused by phentermine is much less severe that associated with many over the counter diet medications.

Does Phentermine/Adipex interact with other medications?

Certain medications may increase the side effects associated with phentermine, 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 Phentermine/Adipex and caffeine are stimulants. They both can cause insomnia, increased heart rate and jitteriness. It is likely that if you use caffeine while taking Phentermine/Adipex these side effects will be increased. It is recommended that you limited your caffeine use while taking Phentermine/Adipex. This is particularly important during the first week or two you are taking phentermine.

What time of day should I take Phentermine/Adipex?

Generally, it is best to take Phentermine/Adipex shortly after you wake up. The closer you take phentermine to the time you go to bed, the more likely it is to keep you awake. Generally, it is not advised to take phentermine less than 8 hours before bedtime. If you miss a dose, do not take extra medicine to make up the missed dose.

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
- Unusual thoughts or behavior or feeling restless or confused
- Very high blood pressure, severe headache, blurred vision or buzzing in your ears

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

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