



Accurate Clinic

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Why is Phentermine prescribed?

Phentermine is used, in combination with diet and exercise, to help you lose weight. It works by decreasing your appetite.

How should this medicine be used?

Take as a single daily dose (37.5mg) in the morning or 15mg twice a day; 30 minutes before meals or 1-2 hours after meals.

Most people take the drug for 3-6 weeks; the length of treatment depends on how you respond to the medication. Phentermine can be habit-forming. Do not take a larger dose, take it more often, or for a longer period than your doctor tells you to. Take phentermine exactly as directed.

To prevent side effects, phentermine should be taken with meals. If you are taking an extended-release (long-acting) product, do not chew or crush the tablet. There are some tablets that can be crushed and mixed with food.

Who should not take this medicine?

Do not take phentermine if:

You have high blood pressure, heart disease, peripheral vascular disease, history of stroke, hyperthyroidism, glaucoma, or if you are pregnant or breastfeeding.

What special precautions should I follow?

Before taking phentermine,

Tell your doctor and pharmacist what prescription and nonprescription medications you are taking, especially fluoxetine (Prozac), fluvoxamine (Luvox), guanethidine, insulin, MAO inhibitors [phenelzine (Nardil) and tranylcypromine (Parnate)] even if you stopped taking them within the past 2 weeks, and medications for weight loss and depression, paroxetine (Paxil), sertraline (Zoloft), and vitamins.

Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding. If you become pregnant while taking phentermine, call your doctor.

You should know that this drug may make you drowsy. Do not drive a car or operate machinery until you know how this drug affects you.

Remember that alcohol can add to the drowsiness caused by this drug.

If you have diabetes, you may need a larger dose of insulin while taking phentermine. Call your doctor if you have questions or problems.

What should I do if I forget a dose?

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

What side effects can this medication cause?

Phentermine may cause side effects. Tell your doctor if any of these symptoms are severe or do not go away: dry mouth, unpleasant taste, diarrhea, constipation, vomiting.

If you experience any of the following symptoms, stop taking Phentermine and call your doctor immediately or go to the emergency room: increased blood pressure, heart palpitations, restlessness, dizziness, tremor, shortness of breath, chest pain, or swelling of the legs and ankles.