

Some Important Things to Know about Phentermine

Also known as Lomaira, Adipex

Why am I taking phentermine?

Phentermine can help to better control your appetite and hunger.

How does it work?

It works to help decrease your appetite and to increase your energy levels to help you to be more energized and focused.

How much phentermine will I be taking?

- Your provider will start you with 4mg (1/2 tablet) for one week in the morning.
- After one week, you can go up to a full tablet to better control your appetite as instructed by your provider.
- With time, the effect of phentermine may go down.

If this happens, talk to your provider about the option of increasing your dose.

For most people, 8mg will control your hunger pangs.

Common side effects

- Increased anxiety or jitteriness
- Heart palpitations (fluttering in your chest)
- Increased blood pressure

Your provider may tell you to check your blood pressure regularly to make sure that phentermine is not causing it to go too high.

- Difficulty sleeping

It is best to take phentermine in the morning or before noon to decrease any impact on sleep.

- Headache
- Lightheadedness
- Dry mouth

Talk to your medical weight loss provider if experience any of these symptoms. You may need to decrease your dose or stop this medication.

Can I continue taking phentermine while pregnant?

Stop taking phentermine if you become pregnant and tell your **medical weight loss provider, OB/GYN and PCP.**

Is there anything else that I should know about being on phentermine?

Tell your medical weight loss provider if you are taking a medication to treat ADHD/ADD (attention deficit hyperactivity disorder/attention deficit disorder).

- Phentermine would not be the best option for you.

For more information about phentermine

Contact your medical weight loss provider.