

Some Important Things to Know about Topiramate

Also known as Topamax

What is topiramate usually used for?

It is used to treat seizures and migraines.

Why am I taking topiramate?

Topiramate was prescribed to you because you struggle with eating at night or binge eating. This medication can help you to better control binge eating or eating at night.

How does it work?

It works by lowering your desire to eat and allows you to feel in better control of your nighttime hunger and cravings.

How much topiramate will I be taking?

- You and your provider will work together to find the best time and dosage of topiramate for you.
- Generally, you will be started with 25mg with or shortly after dinner.
 - In 1-2 weeks, your provider may tell you to increase your dose to 2 tablets (50 mg).
 - Most often, you will take it in the evening because of the possible sedating (making you sleepy) effects.
- Your provider can increase your dose by 25mg, until a maximum of 100mg.

Common side effects

- Drowsiness or sleepiness
- Difficulty finding and using words
- “Brain fog” (difficulty thinking)
- Loss of interest in alcoholic or carbonated drinks
- Altered taste perception
- Tingling in your hands and feet
- Hair loss
- Dizziness
- Fatigue
- Kidney stones

Side effects often get better with time.

Caution: This may not be the right medication for you if you have a history of kidney stones.

Can I continue taking topiramate while pregnant?

- **Topiramate can cause birth defects in unborn children.**
- Do not take topiramate if you are or are planning to become pregnant.
It is important that you take birth control and that it is documented in your medical records.

Other benefits to taking topiramate

Topiramate can also help you with migraines and insomnia.

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

If you need to stop taking topiramate for any reason, do not stop it suddenly.

Work with your medical weight loss provider to help you bring your dose down slowly.

For more information about topiramate

Contact your **medical weight loss provider.**

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