

ALDERFER & TRAVIS CARDIOLOGY, PC

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APPETITE SUPPRESSANTS - ORAL

USES: This medication is used as an appetite suppressant. It is used in conjunction with an overall diet plan to reduce weight.

HOW TO TAKE THIS MEDICATION: This medication is best taken on an empty stomach one hour before meals.

Sustained-release or long acting products must be swallowed whole. Crushing or chewing them will destroy the long action and may cause increased side effects.

Because this medication may cause sleeplessness, avoid taking a dose late in the day.

Take this medication as prescribed. Do not take it more often or longer than directed. It is usually taken for 8 to 12 weeks.

SIDE EFFECTS: Blurred vision, dizziness, dry mouth, sleeplessness, irritability, stomach upset or constipation may occur the first few days as your body adjusts to the medication. If these effects persist or become bothersome, inform your doctor.

Notify your doctor if you experience chest pain, nervousness, pounding heart, difficulty urinating, mood changes, breathing difficulties or swelling while taking this medication.

If this medication makes you dizzy or lightheaded, avoid driving or engaging in activities requiring alertness.

PRECAUTIONS: Tell your doctor your complete medical history especially if you have high blood pressure, an over-active thyroid, glaucoma, diabetes or are emotionally unstable as another medicine may be more appropriate for you.

Avoid "stimulant" drugs that may increase your heart rate such as decongestants or caffeine. Decongestants are commonly found in over-the-counter cough and cold medicine.

Consult with your doctor if you think you are pregnant or before breast-feeding.

This medication can be habit forming and must be used with caution.

Alcohol can increase unwanted side effects of dizziness. Limit alcohol use.

DRUG INTERACTIONS: Inform your doctor about all the medicines you use, (prescription and nonprescription) especially if you take high blood pressure medicine or MAO inhibitors (e.g., furazolidone, phenelzine, selegiline, tranlycypromine) as your dose may need to be adjusted or a different therapy may be

needed.

NOTES: Appetite suppressants are not a substitute for proper diet. For maximum effects, this must be used in conjunction with a diet and exercise program.

Do not share this medication with others.

MISSED DOSE: If you miss a dose, do not double the next dose. Instead, skip the missed dose and resume your usual dosing schedule.

STORAGE: Store at room temperature away from sunlight and moisture. Do not store in the bathroom.