

PHENTERMINE

Duromine[®]



KK Women's and
Children's Hospital

SingHealth

Patient Information Leaflet

This leaflet answers some common questions about Phentermine. It does not contain all the available information. It also does not take the place of talking to your doctor or pharmacist.

What is Phentermine used for?

Phentermine is an anorectic agent (an agent that diminishes appetite). It is used in the management of obesity as a short-term adjunct in a regimen of weight reduction based on caloric restriction.

When should it be taken?

Your doctor has determined how often you should take this medication. Follow carefully the instructions on your prescription label, and ask your doctor or pharmacist to explain any part that you do not understand.

How should it be taken?

Phentermine comes in capsules to be taken by mouth. It can be taken before breakfast or 1-2 hours after breakfast. Avoid late evening administration.

What should I do if I missed a dose?

Do not take a missed dose when you remember it. Omit it, and take the next dose at the regularly scheduled time.

What side effects can this medicine cause?

The most common side effects of Phentermine include:

- Increase in heart rate
- Rise in blood pressure
- Dry mouth
- Unpleasant taste
- Diarrhoea or constipation

Other side effects that you may experience are restlessness, insomnia, tremor, headache, impaired urination and rash.

Special Instructions

Phentermine should be used with caution in the presence of mild to moderate hypertension. In the first days of treatment, determine that there is no loss of blood pressure control. Do not take extra doses or more capsules at each dose than your doctor has prescribed. Women who become pregnant while taking Phentermine should notify their doctor immediately.

Other Precautions

Phentermine should not be taken by patients who are already taking certain other drugs. Before you begin to take this medication, tell your doctor about any other medications you are taking, including non-prescription medications. Do not allow anyone else to take this medication. This drug should not be taken during pregnancy or breastfeeding or if you are intending to become pregnant.

Storage

Keep this medication in the container it came in and store at room temperature, in a cool, dry place. Keep out of reach of children.