

## PHENTERMINE

*fen-ter-meen*

### What does it do?

*Phentermine* is used to help you lose weight.

### Before you start

- Tell your doctor if you have heart or kidney problems, high blood pressure, angle-closure glaucoma, or if you have ever had a stroke.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

### How should you take it?

Take *phentermine* as part of a weight loss plan from a health professional.

Take *phentermine* regularly as directed with a glass of water. Swallow the capsules whole.

It is best to take *phentermine* in the morning as it can cause trouble sleeping.

### What if you forget a dose?

If it is after lunchtime, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

### Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

### What side effects might you notice?

Side Effects	Recommended action
Chest pain	Tell your doctor immediately
Fast or irregular heartbeat Swollen feet or legs, short of breath Unusual behaviour or thinking	Tell your doctor
Trouble sleeping, restlessness, nervousness Headache Dry mouth, unpleasant taste Stomach upset Trouble getting or keeping an erection	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.