

How should I take phentermine?

Take phentermine exactly as prescribed by your doctor. Follow all directions on your prescription label. Do not take this medicine in larger or smaller amounts or for longer than recommended.

Some brands of phentermine should be taken on an empty stomach before breakfast or within 2 hours after breakfast.

Suprenza disintegrating tablets can be taken with or without food.

Using dry hands, remove the Suprenza tablet from the medicine bottle and place the tablet in your mouth. It will begin to dissolve right away. Do not swallow the tablet whole. Allow it to dissolve in your mouth without chewing.

To prevent sleep problems, take this medication early in the day, no later than 6:00pm.

Talk with your doctor if you have increased hunger or if you otherwise think the medication is not working properly. Taking more of this medication will not make it more effective and can cause serious, life-threatening side effects.

Phentermine should be taken only for a short time, such as a few weeks.

Do not stop using phentermine suddenly, or you could have unpleasant withdrawal symptoms. Ask your doctor how to safely stop using this medicine.

Store at room temperature away from moisture and heat.

Keep track of the amount of medicine used from each new bottle. Phentermine is a drug of abuse and you should be aware if anyone is using your medicine improperly or without a prescription.

What happens if I miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. Do not take extra medicine to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. An overdose of phentermine can be fatal.

What should I avoid?

Drinking alcohol can increase certain side effects.

Phentermine may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be alert.

Phentermine side effects

Get emergency medical help if you have any of these signs of an allergic reaction to phentermine: hives; wheezing, chest tightness, trouble breathing; swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have a serious side effect such as:

- feeling short of breath, even with mild exertion;
- chest pain, feeling like you might pass out;
- swelling in your ankles or feet;
- pounding heartbeats or fluttering in your chest;
- confusion or irritability, unusual thoughts or behavior;
- feelings of extreme happiness or sadness; or
- dangerously high blood pressure (severe headache, blurred vision, buzzing in your ears, anxiety, chest pain, shortness of breath, uneven heartbeats, seizure).

Common phentermine side effects may include:

- feeling restless or hyperactive;
- headache, dizziness, tremors;
- sleep problems (insomnia);

- dry mouth or an unpleasant taste in your mouth;
- diarrhea or constipation, upset stomach; or
- increased or decreased interest in sex, impotence.

Phentermine dosing information

Usual Adult Dose for Weight Loss:

15 to 37.5 mg orally once a day before breakfast or 1 to 2 hours after breakfast.

Usual Pediatric Dose for Weight Loss:

17 years or older:

15 to 37.5 mg orally once a day before breakfast or 1 to 2 hours after breakfast.

What other drugs will affect phentermine?

Taking this medicine with other stimulant drugs that make you restless or hyperactive can worsen these effects. Ask your doctor before taking phentermine with diet pills, other stimulants, or medicine to treat attention deficit hyperactivity disorder (ADHD).

Tell your doctor about all medicines you use, and those you start or stop using during your treatment with phentermine, especially:

- an antidepressant—citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline.

This list is not complete. Other drugs may interact with this medicine, including prescription and over-the-counter medicines, vitamins, and herbal products. Not all possible interactions are listed in this medication guide.