

PHENTERMINE FOLLOW-UP & SAFETY

Medical Weight Loss

For patients prescribed phentermine. Other weight-loss medicines require separate instructions. Follow your prescription label and personalized care plan.

Follow your provider's personal instructions if they differ from this guide.

01 FOLLOW YOUR PRESCRIPTION

- Use only the prescribed amount and timing, usually earlier in the day. Follow the food directions on your prescription label.
- Do not increase doses, double missed doses or share medicine. If appetite suppression fades, contact your prescriber. Plan treatment duration and breaks together.

02 SUPPORT YOUR CARE PLAN

- Continue agreed nutrition, activity and sleep habits. Hydrate normally unless fluid-restricted. Limit caffeine if jittery; avoid alcohol.
- Check before adding weight-loss products, stimulants or supplements. Report new medicines or pregnancy. Do not drive if dizzy or impaired.

03 MONITOR AND FOLLOW UP

- Keep check-ins and prescription reviews. Monitor blood pressure and pulse as directed; report persistent insomnia, jitteriness, dry mouth or other side effects.
- Seek immediate advice before another dose for reduced exercise tolerance, new ankle or leg swelling, or racing or irregular heartbeat.

WHEN TO GET HELP

Call 911 for chest pain, fainting, severe breathing difficulty, stroke symptoms or tongue or throat swelling.

Stop phentermine and obtain urgent assessment for new unexplained shortness of breath, chest pain, fainting or leg swelling.

Call 801-281-3223 promptly for other new or worsening reactions. Do not wait for office hours if symptoms are severe.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072