

Phentermine/Phendimetrazine Instruction Sheet

Phentermine/Phendimetrazine, used as prescribed, will decrease appetite, reduce cravings for salt, carbs/sweets, and nicotine, increase focus & concentration, increase well-being & energy, provide motivation, and increase metabolic rate. Phenter/Phendi works best with healthy eating, limited exercise, and Behavior Modification.

Phentermine/Phendimetra is for the prescribed person ONLY. **Do NOT share this medication with anyone!**

Stop the medication and **call/text Dr. Colantonio (cell 516-521-8980)** immediately, if you experience any shortness of breath, wheezing, chest pain, palpitations, headache, swollen ankles, dizziness, cold/pale fingers.

Do **NOT** take if you are trying to get pregnant, are pregnant, nursing, overactive thyroid, high blood pressure, heart disease, abnormal heart rhythm, glaucoma, stroke, MAO meds, history of addiction to drugs or alcohol.

Phentermine can interact with other medications (prescription & over the counter). Advise your primary doctor of ALL medications you take, and have EKG as recommended by your PMD. Have your doctor call me with any questions. Common side effects are dry mouth, mild irritability or anxiousness, constipation, or insomnia. **STOP Phentermine/Phendimetrazine FOURTEEN (14) days before Surgery or Anesthesia.**

Phentermine works best with reduced: carbs/sweets, salt, stress, alcohol; AND, get at least eight-hours of sleep.

Take the medication two hours after low-carb breakfast, with a full glass of water. **Dehydration increases risk of serious heart and lung disease.** Drink 3-4 quarts of fluid per day. Caffeine also increases risk of side effects.

Stay hydrated all day. Drink at least 3-4 quarts of zero-calorie liquid/day. Water (flavored or unflavored), unsweetened teas (de-caf), coffee (de-caf), flavored/unflav. seltzers (low salt), lemon water are good choices.

Try to go 12-16 hours (including sleep) between last solid meal at night and next meal after waking. Drink fluids for breakfast, including coffee/tea (both de-caf & NO SUGAR), water, low-calorie flavored water.

Limit calories! Omit "white carbs" (breads, pancakes, waffles, bagels, pizza, chips, pretzels, muffins, pasta, rice, crackers, and potatoes). Omit "wheat carbs." Omit salt. Red Wine OK. **TRY TO OMIT ALCOHOL.**

Eliminate salt: No fast-food, take-out food, deli/restaurant meals, frozen food, canned food, "junk" food, processed/frozen/prepared meals. Read all nutrition labels and salt should be "double digits, not triple digits."

Choose foods with higher protein & fiber. Grams of protein plus grams of fat, **MUST** be greater than the grams of sugar. And even better, if "Protein plus Fat" is greater than the total carbs, that is best. **CARBS ARE BAD!**

Eat more green/leafy vegetables and salads. Avoid "super starchy" vegetables such as corn and potatoes. If you exercise, do so one hour before taking phentermine or eight hours after. Walking/Stairs/Yoga/Sex is best.

Eat lean protein (skinless chicken, turkey, fish, shrimp). Portions fit in palm of your hand. Other sources of protein: eggs, no-fat Greek yogurt, "white" cheeses (cottage/mozzarella), beans, soy, almonds/pistachios.

Fruits that have a low glycemic index are better for you: strawberries, raspberries, blackberries, kiwi, and watermelon. Avoid high sugar fruits: pineapple, blueberries, bananas, grapes, cherries. NO apples/pears.

If you use an artificial sweetener, use Truvia or Stevia (green). Avoid: aspartame (Equal), sucralose (Splenda), and saccharine (Sweet & Low). They are appetite stimulants. Coconut or dark chocolate OK (greater than 70%).

Small portions plus decreased caloric intake plus exercise (walk uphill/climb stairs/stretch/meditate/sex) = weight loss = living longer and happier/healthier! **The healthiest BMI is 21. Get to 21 to maximally reduce your risk of heart disease, stroke, cancer and many other diseases! And to increase your chances of living to 100!!**

Visit **WeightsOverMD.com** daily for more advice. Modify your behavior, get to and stay at your goal weight.

Be more productive at home and at work! Be more outgoing and enjoy the time with your family and friends!