Phentermine Diet Program

Informed Consent

Phentermine is an appetite suppressant believed to act upon the hunger center in the brain. It has some stimulant properties such as elevating blood pressure, increasing heart rate, stimulating the nervous system. Phentermine is a prescription medication available under brand names Adipex-P, Obenix, Oby-Trim, or as a generic. It is available in the form of tablets or oral spray.

Indications:

Phentermine is best used in combination with diet and exercise. It is indicated for patients with a BMI > 30, or a BMI > 27 with associated health risk factors such as high blood pressure, heart disease, or diabetes.

Associated Risks & Benefits

Do not take phentermine with tricyclic antidepressants or MAO inhibitors. This may result in elevated blood pressure or elevated serotonin levels in the blood.

Do not use if pregnant or nursing or if you may become pregnant during use. Discontinue use immediately if you discover you are pregnant.

Possible side effects include: Bad taste in mouth, Constipation/Diarrhea, Difficulty sleeping, Dizziness, Dry mouth, Sense of well-being, Headache, nervousness/restlessness, upset stomach, altered sex drive/impotence.

Allergic reaction may occur involving rash/hives, difficulty breathing/tightness in the chest, swelling of face, lips, or tongue.

DISCONTINUE IMMEDIATELY IF:
You experience any of the above allergy-related symptoms, chest pain, decreased sexual ability, irregular heartbeat, swelling of legs and feet, mood changes, or tremor. Please notify the treating physician immediately if you think you are experiencing any of these side effects, or any other symptoms that have developed since starting your phentermine program.

Benefits

The Phentermine Weight Loss Program has typical results of a loss of 1/2 lb to 1 lb per day.
There is often an improvement in metabolic profile in patients that are obese, pre-diabetic, and diabetic, hypertensive (high blood pressure), and hypercholesterolemic (high cholesterol). The ability to improve and possibly prevent the onset of Diabetes and its associated health risks is a benefit to this weight loss program.

There is no question about the morbidity and mortality associated with being overweight, and those risks are increased in the obese and morbidly obese. Through marked weight loss and a lowering of body mass index, these risks are substantially reduced.

I acknowledge the above risks and benefits associated with initiating the Phentermine program.

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Signature  Print Name  Date

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Witness