

**REVIEWED****By Chris at 1:41 pm, Dec 16, 2015**

Adipex-P

Generic Name: phentermine (FEN ter meen)

Brand Names: *Adipex-P, Oby-Cap, Suprenza, T-Diet, Zantryl*

What is Adipex-P?

Adipex-P (phentermine) is a stimulant similar to an amphetamine. Phentermine is an appetite suppressant that affects the central nervous system.

Adipex-P is used together with diet and exercise to treat obesity (overweight) in people with risk factors such as high blood pressure, high cholesterol, or diabetes.

Adipex-P may also be used for purposes not listed in this medication guide.

Important information

Do not use Adipex-P if you are pregnant or breast-feeding a baby.

You should not take Adipex-P if you have a history of heart disease (coronary artery disease, heart rhythm problems, congestive heart failure, stroke), severe or uncontrolled high blood pressure, overactive thyroid, glaucoma, a history of pulmonary hypertension, if you are in an agitated state, or if you have a history of drug or alcohol abuse.

Do not use Adipex-P if you have taken an MAO inhibitor in the past 14 days. A dangerous drug interaction could occur. MAO inhibitors include isocarboxazid, linezolid, phenelzine, rasagiline, selegiline, and tranylcypromine.

Before taking this medicine

Do not use Adipex-P if you have taken an MAO inhibitor in the past 14 days. A dangerous drug interaction could occur. MAO inhibitors include isocarboxazid, linezolid, phenelzine, rasagiline, selegiline, and tranylcypromine.

You should not take Adipex-P if you are allergic to phentermine, or if you have:

- a history of heart disease (coronary artery disease, heart rhythm problems, congestive heart failure, stroke);
- a history of pulmonary hypertension;
- severe or uncontrolled high blood pressure;
- overactive thyroid;

- glaucoma;
- if you are pregnant or breast-feeding;
- if you are in an agitated state;
- if you have a history of drug or alcohol abuse; or
- if you are allergic to other diet pills, amphetamines, stimulants, or cold medications.

Taking Adipex-P together with other diet medications such as fenfluramine (Phen-Fen) or dexfenfluramine (Redux) can cause a rare fatal lung disorder called pulmonary hypertension. Do not take phentermine with any other diet medications without your doctor's advice.

To make sure you Adipex-P is safe for you, tell your doctor if you have:

- high blood pressure;
- diabetes;
- kidney disease;
- a thyroid disorder; or
- if you are allergic to aspirin or to yellow food dye (FD & C Yellow No. 5, or tartrazine).

Phentermine may be habit forming. Never share Adipex-P with another person, especially someone with a history of drug abuse or addiction. Keep the medication in a place where others cannot get to it.

FDA pregnancy category X. Weight loss during pregnancy can harm an unborn baby, even if you are overweight. Do not use Adipex-P if you are pregnant.

See also: Pregnancy and breastfeeding warnings (in more detail)

Phentermine can pass into breast milk and may harm a nursing baby. You should not breast-feed while taking Adipex-P.

Do not give this medication to a child younger than 16 years old.

How should I take Adipex-P?

Take Adipex-P 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.

Adipex-P can be taken with or without food.

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.

Adipex-P should be taken only for a short time, such as a few weeks.

Do not stop using Adipex-P suddenly, or you could have unpleasant withdrawal symptoms. Ask your doctor how to safely stop using Adipex-P.

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 of Adipex-P.

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

Adipex-P side effects

Get emergency medical help if you have any of these signs of an allergic reaction to Adipex-P: 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 Adipex-P 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.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

See also: **Side effects** (in more detail)

Adipex-P dosing information

Usual Adult Dose for Weight Loss:

18.75 mg to 37.5 mg orally once a day before breakfast or 1 to 2 hours after breakfast. In some cases it may be desirable to give half tablets (18.75 mg) two times a day.

Usual Childrens Dose for Weight Loss:

17 years or older:

18.75 mg to 37.5 mg orally once a day before breakfast or 1 to 2 hours after breakfast. Adipex-P is not recommended for use in pediatric patients under 17 years of age.

What other drugs will affect Adipex-P?

Taking this medicine with other stimulant drugs that make you restless or hyperactive can worsen these effects. Ask your doctor before taking Adipex-P 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 Adipex-P, especially:

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

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

Where can I get more information?

- Your pharmacist can provide more information about Adipex-P.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use Adipex-P only for the indication prescribed.

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