

# BARTELS MEDICAL ASSOCIATES, PLLC

## INFORMATION SHEET ON PLEGINE, TEPANIL, AND OBENIX

Plegine (phendimetrazine) is an anorectic (appetite suppressant) medication which has been available for limited short-term use for some time. Recent research has demonstrated its usefulness for periods of up to four years or longer in some patients. It is, of course, a prescription medication and is classified by the government as a controlled substance. This acknowledges that it has some abuse potential; there are restrictions on its use due to the requirements of good medical practice as well as the law. For this reason, we must see patients on this medication every four weeks without exception and it can only be used after an initial complete physical and a yearly complete physical thereafter. Two other similar appetite suppressants are Tepanil (diethylpropion) and Obenix (phentermine). All three of these medications are members of the same therapeutic class but they have different side effect profiles and durations of action. Because of differences in individual chemistry and concomitant medical conditions one medication may be more effective or otherwise preferable. It is sometimes appropriate to use more than one appetite suppressant at a time in the same patient.

It is very important that we know of any other medications or herbal preparations you are on, either prescription or non-prescription as there is always a chance of drug interactions. Also, it is very important that you take the vitamins and minerals which we prescribe because it is impossible to be on a balanced diet with fewer than 1100 calories without some sort of nutritional supplementation.

As with any medication, side effects can occur. These are usually mild and transient. The most common side effects are nervousness and insomnia. If these occur, you should certainly discontinue the medication until you talk to me. Some people notice a dry mouth sensation when they first start the medication.

The reason we dispense appetite suppressants in this office is due to their lack of availability in many local pharmacies. Many of our patients come from long distances to see us and have had problems with unusually high costs or lack of availability of the medication locally. We ordinarily dispense those oral medications which we have available in the office at no additional cost to the patient.

Meridia (sibutramine) is another appetite suppressant medication which we occasionally use; it is not dispensed in this office but requires that a prescription be filled at additional patient expense. The fat blocker Xenical (orlistat) is not dispensed in this office but is sometimes used for patients on a low-fat diet; patients who use this must bear the pharmacy expense, as is the case with medications such as Topamax and 5-HTP/Carbidopa. Over-the-counter preparations which contain ephedrine (e.g., "Chinese herbs") are variable in their composition and should not be used for safety reasons.

Due to some recent reports of possible interactions between general anesthesia and appetite suppressants they should be discontinued two weeks before elective procedures in which the patient will be put to sleep.

In addition to the findings of our physical examination and laboratory work, you should not be on these medications if you have glaucoma, advanced arteriosclerosis, or an allergy to stimulant medications. These medications should also not be used if you have any history of drug abuse.

Your signature below acknowledges that you have read and understood these instructions. Please note that, although these medications are not amphetamines, they can cause urine tests for amphetamines to be positive. For this reason, if your employment requires drug testing, please note the medications you are on.

**IF YOU ARE A WOMAN OF REPRODUCTIVE AGE, IT IS VERY IMPORTANT THAT YOU USE AN EFFECTIVE FORM OF BIRTH CONTROL WHILE ON MEDICATIONS OR ON A STRICT DIET. IT IS NOT KNOWN IF RIGID DIETING OR ANY OF THESE MEDICATIONS CAN HAVE AN ADVERSE EFFECT ON PREGNANCY.**

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Patient Signature

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Date