



Diet Pill Policy

Successful weight loss and healthy weight management depends on sensible goals and expectations. **There are *no short-cuts to losing weight***. To help you get started, phentermine is a medication used as an *adjunct* to your current weight loss plan. However, due to the anorectic tolerance and/or potential for dependence, you will be monitored closely while on the pills. In addition, the length of use of the medication is not recommended to exceed three (3) months. However, if you are losing weight and are consistent with the life style change, then we can continue to follow you until you reach your goal within a reasonable time limit.

However, we reserve the right to discharge anyone who is using the medications for any other reasons other than weight loss, suspected of using illicit drugs, or any other reasons as seen necessary by the physician to prevent harm to you, the patient. *You are responsible for informing us of all your medical conditions and to update us if you should develop any new diagnosis by your doctor, which may be contraindicated with the use of the medications.*

Qualifications for using/continuing on diet pills:

- You must be willing to do your part with self-education, exercise, behavioral modifications and caloric restriction as well as take the medication only as directed and there must be documented progress of weight loss.
- You must have a **BMI** (*weight in kilograms/ height in m²*) of **>30 kg/m²** OR **>27 kg/m²** **in the presence of other risk factors** (high blood pressure, diabetes, high cholesterol, etc.) Exceptions may be consider under limited circumstances.
- While on the pill, you will be monitor **every two-four weeks** for progress and side effects.

Contraindications for using diet pills:

- Advanced arteriosclerosis
- Cardiovascular disease
- Moderate to severe hypertension
- Hyperthyroidism
- Known hypersensitivity sympathomimetic amines drugs (i.e. amphetamines such as adderall)
- Glaucoma
- Others: agitate states, history of drug abuse

Side Effects: Primary pulmonary hypertension, cardiac valvular disease, palpitation, tachycardia, increase blood pressure, restlessness, dizziness, insomnia, dyphoria, headaches, rare psychotic episodes, mouth dryness, diarrhea, constipations, urticaria, impotence, changes in libido. The medication CANNOT be used during pregnancy. (Adverse effects may not be limited to the above effects).

Discontinue of Use:

Abrupt discontinuation of the diet medication may cause temporary weight gain, fatigue, and mental depression. You must notify us before making any changes in your medication.

Lifestyle Modification:

In addition to the diet pill, you will be provided with additional information to help you understand weight loss and a healthy weight management, dietary guidelines based on your specific daily calorie recommendation, and exercise recommendations.

I have read and understand the recommendations above for the use of the diet pill. By signing below, I am stating that my doctor has talked to me about the benefits and risks of taking phentermine. In addition, I understand the financial responsibilities and I am aware that I must pay at the time of service.

Patient Signature

Date

Print Name

Witness

Date