

**Talk to your doctor about your interest in losing weight.**

Every patient is different and your doctor will discuss prescription treatment options and determine if Lomaira is right for you.

## My Doctor Discussion Guide

Print and fill out this guide and bring it with you to your next appointment. You and your doctor can customize a treatment plan that might help you throughout the day.

### 1 My Appointment

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

### 2 Weight-related Conditions

Do you have any of the following conditions? Check all that apply.

- |  |   |                                  |   |
|--|---|----------------------------------|---|
| <input type="radio"/> High cholesterol | <input type="radio"/> Joint pain          | <input type="radio"/> Depression | <input type="radio"/> Heart Disease     |
| <input type="radio"/> Heartburn        | <input type="radio"/> Sleep apnea         | <input type="radio"/> Asthma     | <input type="radio"/> Are you Pregnant? |
| <input type="radio"/> Diabetes         | <input type="radio"/> High blood pressure | <input type="radio"/> Stroke     | <input type="radio"/> None              |

### 3 What has your weight-loss experience been like?

Yes No

- |                           |                          |  |
|---------------------------|--------------------------|--|
| <input type="radio"/> Yes | <input type="radio"/> No | Is it difficult to suppress your appetite at certain times of the day? |
| <input type="radio"/> Yes | <input type="radio"/> No | Would you like to have more control over your appetite?                |
| <input type="radio"/> Yes | <input type="radio"/> No | Do you eat three meals a day?  |
| <input type="radio"/> Yes | <input type="radio"/> No | Do you continue to snack after dinner?                                 |

Yes No

- |                           |                          |   |
|---------------------------|--------------------------|---|
| <input type="radio"/> Yes | <input type="radio"/> No | Have you tried other weight-loss medicines including over-the-counter products? |
| <input type="radio"/> Yes | <input type="radio"/> No | Do you snack at work?   |
| <input type="radio"/> Yes | <input type="radio"/> No | Is dinner your largest meal?  |
| <input type="radio"/> Yes | <input type="radio"/> No | Are you happy with your exercise routine?                                       |

**You're not alone.** For many adults it's hard to suppress your appetite in the afternoon and at dinner. Talk to your doctor about Lomaira, a weight-loss medicine that might help you suppress your appetite when you need it most.

*Dosage should be individualized to obtain an adequate response with the lowest effective dose. The usual adult dose is one tablet three times a day, 30 minutes before meals. This tablet is scored to facilitate administering one half of the usual dosage for patients not requiring the full dose. Phentermine hydrochloride is not recommended for use in pediatric patients 16 years of age or younger. Late evening medication should be avoided because of the possibility of resulting insomnia.*

## INDICATION

Lomaira™ (phentermine hydrochloride USP) 8 mg tablets, CIV is a prescription medicine used for a short period of time (a few weeks) for weight reduction and should be used together with regular exercise and a reduced-calorie diet.

- Lomaira is for adults with an initial BMI\* of 30 or more (obese) or 27 or more (overweight) with at least one weight-related medical condition such as controlled high blood pressure, diabetes, or high cholesterol.
- The limited usefulness of this drug class (anorectics), including Lomaira, should be measured against possible risk factors inherent in their use.

## IMPORTANT SAFETY INFORMATION

Don't take Lomaira if you have a history of cardiovascular disease (e.g., coronary artery disease, stroke, arrhythmias, congestive heart failure or uncontrolled high blood pressure); are taking or have taken a monoamine oxidase inhibitor drug (MAOI) within the past 14 days; have overactive thyroid, glaucoma (increased pressure in the eyes), agitation or a history of drug abuse; are pregnant, nursing, or allergic to the sympathomimetic amines such as phentermine or any of the ingredients in Lomaira.

Taking phentermine with other drugs for weight loss is not recommended. Primary pulmonary hypertension (PPH), a rare fatal lung disease, has been reported in patients who had taken a combination of phentermine and fenfluramine or dexfenfluramine for weight loss. The possible association between phentermine use alone and PPH cannot be ruled out. Patients should report immediately if they experience any decrease in the amount of exercise that they can normally tolerate, shortness of breath, chest or heart pain, fainting or swelling in the lower legs.

Serious heart valve problems or disease have been reported in patients taking a combination of phentermine and fenfluramine or dexfenfluramine for weight loss. The possible role of phentermine has not been established, therefore the possibility of an association between heart valve disease and the use of phentermine alone cannot be ruled out.

If your body becomes adjusted to the maximum dose of phentermine so that its effects are experienced less strongly, the maximum dose should not be exceeded in an attempt to increase the effect.

Caution is advised when engaging in potentially hazardous activity such as driving or operating machinery while taking phentermine. Phentermine has the potential to be abused. Keep Lomaira in a safe place to prevent theft, accidental overdose, misuse or abuse. Using alcohol with phentermine may result in an adverse drug reaction.

Phentermine can cause an increase in blood pressure. Tell your doctor if you have high blood pressure, even if it's mild. If you are taking medicines for type 2 diabetes, your doctor may have to adjust these medicines while taking phentermine.

Some side effects of phentermine that have been reported include pulmonary hypertension, valvular heart disease, palpitations, increased heart rate or blood pressure, insomnia, restlessness, dry mouth, diarrhea, constipation and changes in sexual drive. These are not all of the potential side effects of phentermine. For more information, ask your doctor or pharmacist.

To report negative side effects of prescription drugs, contact FDA at 1-800-FDA-1088 or visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

See accompanying Full Prescribing Information.

\*Body Mass Index (BMI) measures the amount of fat in the body based on height and weight. BMI is measured in kg/m<sup>2</sup>.