

## Physician Visit Guidelines for Medication Assisted Weight Loss

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### General Visit Guidelines

- Physician Monthly and prn (more frequently for higher risk patients, such as those w/ HTN on Meridia®)
- Nutrition Monthly or every 2 months
- Free Weight Check Every 1-2 weeks (when not seeing physician or nutritionist) – FREE and will be documented in patient's Logician record

### Guidelines for Use: Potential Candidates – Who May Benefit?

- BMI > 30
- BMI > 27 with a comorbidity
- Age 16 – 65 years old
- After 6 month trial of serious lifestyle modification

### General Medication Dosage and Prescription Guidelines

- No medication until after 6 month lifestyle modification trial
- If begin medication, write for only one month supply at a time
- No refills by phone
- Discontinue medication if patient does not show for physician, nutrition or weight check visits (no show for 2 consecutive visits)
- Prescriptions MUST include the patient's BMI, weight and comorbidity for 3<sup>rd</sup> party reimbursement
- **NO COMBINATIONS OF ANORECTIC AGENTS or LIPASE INHIBITORS SHOULD BE USED (prescription, dietary supplements, herbals)**

### Electronic Handouts Related to Weight Loss in FPC Patient Education Icon (not yet on Logician)

- 1200 calorie sample menu
- 1500 calorie sample menu
- 1800 calorie sample menu
- 2000 calorie sample menu
- BMI chart for BMIs 19-54
- Eating Out in Greenville
- Eating Out
- Serving Size Tips
- Serving Sizes
- Weight Loss Readiness Quiz
- What is BMI and why is it important?

### 6 Month Lifestyle Modification Trial (prior to prescribing medication)

- Follow visit guidelines listed above
- Nutrition referral – encourage attendance
- Exercise prescription
- Follow-up with physician monthly
- Monthly physician visits should include:
  - Weight, height, BMI, blood pressure, pulse
  - 24 hour food, beverage and supplement recall
  - initial exercise prescription; review/change as needed
  - encourage attendance for nutrition visits
  - schedule free weight checks every 1 to 2 weeks
- Handouts to use:

- Weight Loss Readiness Quiz
- BMI chart
- What is BMI and why is it important?
- CPE with TSH (1<sup>st</sup> or 2<sup>nd</sup> visit)

### **Monthly Visits After Beginning Medication Should Include:**

- Weight, height, BMI, blood pressure, pulse
- 24 hour food, beverage and supplement recall
- Schedule continued free weight checks every 1-2 weeks
- Follow-up with physician monthly and prn
- Review exercise prescription
- Strongly encourage attendance at nutrition visits
- Write prescription for only 1 month of medication
- Remind that not showing for appointments (physician, nutrition or weight checks) may result in discontinuation of medication
- Review side effects and contraindications of medication therapy with patient
- Ask about herbals and other OTC supplements

### **For Prescribing Information See the Following:**

- Meridia®: Physician Information Sheet
- Xenical®: Physician Information Sheet
- Phentermine: Physician Information Sheet

### **Meridia® Specifics**

- Begin at 10 mg po qd
- After 1 month on medication, if weight loss < 4 pounds and no medication side effects, increase to 15 mg po qd
- After 2 months on medication, if weight loss < 4 pounds, consider medication failure and discontinue medication
- For patients who cannot tolerate the 10 mg qd dose, the 5 mg po qd dose may be used

### **Xenical® Specifics**

- Refer for nutrition consultation for “Fat Gram Counting”
- Need not be titrated
- Maximum dose 120 mg TID
- Take either with meal or within one hour of eating
- If meal is missed, dose should be skipped
- Monitor glycemic control if using in patient with type 2 diabetes
- Have patient take multiple vitamin-mineral supplement with fat soluble vitamins 2 hours before or after taking medication
- After 2 months on medication, if weight loss < 4 pounds, consider medication failure and discontinue medication

### **Phentermine Specifics**

- Recommended starting dose is 15 mg once daily, taken on an empty stomach, before breakfast or 10-14 hours before retiring
- Do not crush or chew capsule
- If < 4 pound weight loss after 4 weeks of therapy, may increase dose to 30 mg once daily
- After 2 months on medication, if weight loss < 4 pounds, consider medication failure and discontinue medication
- Indicated for short-term use, < 3 months