

## **Ionamin® (Phentermine Resin): Physician Information Sheet**

**East Carolina University School of Medicine  
Department of Family Medicine  
Eastern Carolina Family Practice Center  
Greenville, North Carolina 27858-4354  
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### **Mechanism of Action**

Phentermine Resin (Ionamin) produces appetite-suppressing effects by increasing catecholamine (dopamine, epinephrine, norepinephrine) neurotransmission in the central nervous system, which produces a direct stimulant effect on the satiety center in the brain.

### **Patients Who May Benefit**

- BMI > 30
- BMI > 27 with comorbidity
- Ages 16 to 65 years old
- After 6 month trial of serious lifestyle modification

### **Benefits of Drug Therapy**

- Possible improved weight loss when used as part of a comprehensive weight loss program including a reduced calorie diet and appropriate physical activity
- Reduction of many health risks associated with obesity if have modest (10%) weight loss
- Disadvantages of Drug Therapy
- Frequent (at least monthly) follow-up with physician, nutritionist and other health care professionals
- Cost of medication (15 mg 1 x qd \$40; 30 mg 1 x qd \$34)
- Commitment of compliance with 3-month therapy
- Not indicated for more than 3 months; however, the NIH statement on obesity states, “short-term use of anorectic drugs (<3 mo) has not generally found to be effective.”
- Possible rare potential for serious adverse effect of primary pulmonary hypertension or valvulopathy
- Schedule IV drug
- Discourage use in hypertensives

### **Goals**

- At least 4-pound weight loss in the first 4-8 weeks of therapy

### **Dosage**

The recommended starting dose of Ionamin Resin is 15 mg once daily, taken on an empty stomach, before breakfast or 10-14 hours before retiring. The capsule should not be crushed or chewed. If there is inadequate weight loss (< 4 pounds), the dose may be increased after 4 weeks to a total of 30 mg once daily. Phentermine is indicated for short-term (<3mo) use.

### **Possible Side Effects of Drug Therapy**

- CNS: overstimulation, insomnia, nervousness, irritability, headache, tremor, psychotic episodes (rare), impairment in ability to engage in potentially hazardous activities such as operating machinery or driving a motor vehicle

- CV: palpitations, tachycardia, elevated blood pressure
- Other: blurred vision, dizziness, dry mouth, stomach upset, constipation, libido changes in glycemic control in diabetes, urticaria
- Rare potential for primary pulmonary hypertension and valvulopathy (Warn Patients to report symptoms of dyspnea, angina, syncope, or lower extremity edema)
- Potential for dependence (Schedule IV drug)
- Overdose potential; limit prescriptions to one month supply or less
- Tolerance to anorectic effects may develop within a few weeks of use.

### **Drug Interactions**

- MAOIs
- SSRIs
- TCAs
- Alcohol

### **Contraindications to Drug Therapy**

#### **Conditions:**

- Uncontrolled or poorly controlled high blood pressure
- Advanced arteriosclerosis
- Symptomatic cardiovascular disease
- Hyperthyroidism
- Agitated states (anxiety, mania)
- Glaucoma
- History of substance abuse
- History of psychotic illness
- Alcoholism
- Hypersensitivity to phentermine or other sympathomimetic amines
- Pregnancy or plans to become pregnant

#### **Medications:**

- Concurrent and/or recent (within 14 days) use of monoamine oxidase inhibitors
- Are taking other weight loss medications that act on the brain, including prescription, OTC medications and herbals
- Are taking other sympathomimetic agents
- Are taking other medications that regulate serotonin (Prozac®, Zoloft®, Effexor®, Paxil®)

#### **Other:**

- Are breast-feeding their infants
- Are less than 16 years old
- Are using herbals for weight loss

**DO NOT PRESCRIBE ANORECTIC AGENTS IN COMBINATION.**