Welcome to your weight loss program! Starting anything new can be very exciting especially when it comes to weight loss and health. If you are starting either Phentermine or Qsymia and have high blood pressure, cardiovascular disease or taking any medications daily please let your provider know.

How do these medications work? Phentermine and Qsymia both work on your fight or flight system and their main mechanism of action is as an appetite suppressant. While taking these medications your appetite will decrease significantly. Your cravings whether for sweets or savory foods will also diminish. You may also notice that you have more energy. There will also be a slight boost in your metabolism.

Do I need to change my diet while taking Phentermine or Qsymia? The goal while taking either of these medications is to transform your diet. The path or rut that you have been on up until this point is the path that has lead you to weight gain. We want to change that! At the same time we understand how difficult change can be especially when it comes to food and habits.

While taking Phentermine/Qsymia focus on better food choices. Fresh fruits and vegetables along with lean protein such as fish, chicken or turkey are the best choices. Avoid foods that are fried, battered or breaded. Avoid foods that are processed and preserved. Remember the freshest and closest to its natural state the more nutrients and the healthier a food is.

Along with the types of foods you choose is the portion of those foods you eat. This is a great time to use one of the suggested calorie counting apps listed below. Pay particular attention to the actual serving size and the amount you are eating. Calories or Kcals are equal to energy. In order to lose weight the amount of calories in must be less than the calories out. One pound of weight equals 3500 calories. That means if you decrease your caloric intake each day by just 500 calories you will lose a pound a week!

This is a great time to figure out how healthy your diet really is. Is that snack you are eating 500 calories? Or did you realize that your cereal “bowl” is actually 3 servings. You may quickly find out why fresh fruits and veggies are a great food choice. They are full of vitamins and minerals and have minimal calories.

What are the potential side effects? The most common side effects reported and occurring in patients are: dry mouth, insomnia, constipation, nervousness and irritability. If you are having any of these symptoms they usually resolve within the first week. If these symptoms are too bothersome you may reduce your dose to ½ tablet. Other potential, but rare side effects are: shortness of breath, increased heart rate, increased or
decreased blood pressure, blurred vision and dizziness. If you experience any of these symptoms go to the hospital right away.

How much weight can I expect to lose? Average weight loss is 3-5 pounds per week. This number is always dependent of the amount of excess weight you have to lose and varies depending on the extent to which you change your diet and/or exercise.

How long can I take these medications? Most patients reach their desired weight within 3 months. It is however possible to continue to take these medications for up to one year.

What is included in the program? All office visits will be included specifically related to your weight loss program. Your initial visit with the health care provider will comprise of a medical evaluation, physical exam, laboratory work and if qualified a prescription for either Phentermine or Qsymia. A follow up visit one week after initiating therapy will be scheduled and then monthly thereafter or as indicated.

Dr. Bruice’s weight loss supplement is a daily dietary supplement consisting of Chromium, Meratrim and Capsaicinoids. This combination of minerals, flower heads, fruit and plant extract helps to regulate carbohydrate processing, balance blood sugars and increase metabolism. It is to be taken twice a day 30 minutes before breakfast and 30 minutes before dinner. A three month supply will be provided.

We will be available in the office during regular business hours to schedule any appointments or answer questions by phone. Any concerns outside of business hours will be handled the next business day. If you need immediate medical attention please go to your closest emergency room.

Please read all information for your prescription medication. By taking either of these medications you acknowledge and assume the risks associated with each. Phentermine and Qsymia are “stimulants”. If you are sensitive to, have any conditions worsened by or are taking medications that may interact with either of these medications please make sure your provider is aware.

We look forward to helping you shed some weight and be a better, healthier you! Please be patient with yourself during this process. You are changing patterns and habits that have been ingrained for years. If you are having any problems or concerns please contact our office.

Caloriecount.about.com
Myfitnesspal.com
My-calorie-counter.com

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