

Qsymia® (phentermine/topiramate) Patient Information

Who Is Qsymia For?

Qsymia is a medication used for chronic weight management. It is for people with overweight and weight-related complications or obesity. It is meant to be used together with a lifestyle therapy regimen involving a reduced calorie diet and increased physical activity.

How Does Qsymia Work?

Qsymia works in the brain as an appetite suppressant.

Who Should Not Take Qsymia?

- Women who are pregnant, nursing or planning to become pregnant
- People who have glaucoma
- People who have uncontrolled hyperthyroidism (overactive thyroid)
- People who are taking a monoamine oxidase inhibitor (MAOI) now or have taken one within the past 14 days
- People who have a history of kidney stones
- People who drink excessive alcohol
- Qsymia may not be appropriate for people who have coronary artery disease or cardiac arrhythmias
- Qsymia may not be appropriate for people who have a history of anxiety disorder

How Is Qsymia Dosed?

Take 1 tablet once a day in the morning.

First 14 days	Qsymia 3.75 mg/23 mg (3.75 mg of phentermine and 23 mg of topiramate)
Next 12 weeks	Qsymia 7.5 mg/46 mg (7.5 mg of phentermine and 46 mg of topiramate) If you have not lost 3% of your weight at the end of 12 weeks, your doctor will talk with you to decide whether to stop taking Qsymia, or increase the dose. Patients who have kidney disease or liver disease should not take more than the medium dose of Qsymia (7.5 mg/46 mg).



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How Is Qsymia Dosed?

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Most people will continue at the 7.5/46 mg dose. However, if you and your doctor agree not reaching your target weight loss, the dose can be escalated as follows:

Next 14 days	Qsymia 11.25 mg/69 mg (11.25 mg of phentermine and 69 mg of topiramate)
Next 12 weeks	Qsymia 15 mg/92 mg (15 mg of phentermine and 92 mg of topiramate) If you have not lost 5% of your weight at the end of 12 weeks on the maximum dose, your doctor may recommend discontinuing Qsymia.

Note: When taking the highest dose of Qsymia, you should not abruptly stop the medication. The medication should be discontinued by taking a dose every other day for one week before stopping.

Is Qsymia a Controlled Substance?

Yes, Qsymia is a federally controlled substance because it contains phentermine and may be abused or lead to drug dependence. In some states, physicians are only allowed to prescribe one month of the medication at a time.

Which Medications Might Not Be Safe to Use with Qsymia?

Phentermine can affect how other medicines work in your body, and other medicines can affect how phentermine works or make side effects worse. Tell your doctor about all the medicines and supplements you take, especially the following medicines:

- Diuretics (water pills), such as hydrochlorothiazide (HCTZ)—usually taken to treat high blood pressure
- Any medicines that impair or decrease your thinking, concentration, or muscle coordination
- Carbonic anhydrase inhibitors, such as Zonegran® (zonisamide), Diamox® (acetazolamide), or Neptazane® (methazolamide)—usually used to treat glaucoma, but they might be given for other conditions
- Seizure medications such as valproic acid (Depakene® or Depakote®)



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What Are the Most Common Side Effects of Qsymia?

- Numbness or tingling in the hands, arms, feet, or face
- Dizziness and lightheadedness
- Trouble sleeping
- Constipation
- Dry mouth
- Trouble concentrating

What Are the Possible Serious Side Effects of Qsymia?

Suicidal Thoughts or Actions

Topiramate, an ingredient in Qsymia, may cause you to have suicidal thoughts or actions. Let your doctor know if you have an increase in symptoms of depression, anxiety, irritability, suicidal thoughts, agitation, anger, or other unusual changes in behavior or mood.

Serious Eye Problems

Qsymia may cause eye problems, such as sudden decreases in vision, with or without eye pain and redness, or a blockage of fluid in the eye causing increased pressure in the eye. These problems can lead to permanent vision loss if not treated.

Kidney Stones

Qsymia may increase the risk for kidney stones. It is important to drink extra water while taking Qsymia to decrease this risk.

Metabolic Acidosis

Qsymia may cause increased acid in the bloodstream.

Increased Heart Rate

Inform your doctor if you have a history of cardiac arrhythmia or if you develop a racing heart while taking Qsymia.

Low Blood Sugar (Hypoglycemia)

Weight loss can cause low blood sugar in people with type 2 diabetes who also take medicines used to treat type 2 diabetes (such as insulin or sulfonylureas). You should check your blood sugar before you start taking Qsymia and while you take Qsymia.



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Are There Any Special Precautions with Qsymia?

Qsymia can cause a serious birth defect called cleft palate.

Women who can become pregnant should:

1. Have a negative pregnancy test before starting Qsymia and every month while taking Qsymia
2. Use effective birth control while taking Qsymia
3. **If you become pregnant while taking Qsymia, tell your doctor right away and stop taking Qsymia immediately**

Do not drink alcohol while taking Qsymia. Qsymia and alcohol affect each other and cause side effects such as sleepiness or dizziness.

Do not drive a car or operate heavy machinery until you know how Qsymia affects you. Qsymia can slow your thinking and motor skills and also may affect your vision.

This is not intended to be a complete list. For additional information please see the manufacturer's website: <https://qsymia.com>.

Reference

Qsymia (phentermine/topiramate) prescribing information. Mountain View, CA: Vivus, Inc.; 2014.

