



Figure 6.3

## Patient's Guide to Sibutramine

Patient name \_\_\_\_\_ Date \_\_\_\_\_

Your dose is \_\_\_\_\_ mg.

Take \_\_\_\_\_ capsule(s) \_\_\_\_\_

**Do not change your dose.**

**Do not take any other medication(s), including over-the-counter or herbal medications, without consulting your physician.**

### Side Effects

You may experience one or more of the following with sibutramine:

- Headache
- Dry mouth
- Anorexia (ie, loss of appetite)
- Constipation
- Insomnia (inability to sleep)
- Appetite increase
- Dizziness
- Nausea

### Blood pressure

It is important to monitor your blood pressure (BP) in the morning and at the same time daily (for consistent results) and heart rate at least every 4 weeks. If you are monitoring your blood pressure at home, keep a log of your measurements below, and bring the results to your follow-up appointments with your physician. Report an increase in your blood pressure to your physician immediately.

If you do not plan to monitor your blood pressure at home, make arrangements with your physician to have it monitored at the office regularly.

Week	Date	Systolic BP	Diastolic BP	Heart rate
1				
2				
3				
4				
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Figure 6.4

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## Patient's Guide to Orlistat

Patient name \_\_\_\_\_ Date \_\_\_\_\_

Your dose is \_\_\_\_\_ mg.

Take \_\_\_\_\_ capsule(s) \_\_\_\_\_

**Do not change your dose.**

**Do not take any other medication(s), including over-the-counter or herbal medications, without consulting your physician.**

### Side Effects

You may experience one or more of the following side effects with orlistat. An increase in dietary fat may intensify side effects.

- Oily spotting
- Flatus with discharge
- Fecal urgency
- Fatty/oily stool
- Oily evacuation
- Increased defecation
- Fecal incontinence

### Vitamins

Take a multivitamin containing fat-soluble vitamins once a day (vitamins D, E, A, K) at least 2 hours before or after orlistat, such as at bedtime.



Figure 6.5

## Patient's Guide to Phentermine

Patient name \_\_\_\_\_ Date \_\_\_\_\_

Your dose is \_\_\_\_\_ mg.

Take \_\_\_\_\_ tablet(s) \_\_\_\_\_

Do not change your dose.

Do not take any other medication(s), including over-the-counter or herbal medications, without consulting your physician.

### Side Effects

You may experience one or more of the following:

- Increased heart rate
- Increased blood pressure
- Restlessness
- Insomnia
- Headache
- Dry mouth

### New, unexplained symptoms that you must report immediately to your physician

- Dyspnea (difficulty breathing or shortness of breath)
- Angina (chest pain)
- Syncope (fainting)
- Edema of the lower extremities (swelling of legs, ankles or feet)

### Blood Pressure

It is important to monitor your blood pressure and heart rate at least every 4 weeks. If you are monitoring your blood pressure at home, keep a log of your measurements below, and bring the results to your follow-up appointments with your physician. Report an increase in your blood pressure to your physician immediately. If you will not be monitoring your blood pressure at home, make arrangements with your physician to have it monitored at the office regularly.

Week	Date	Systolic BP	Diastolic BP	Heart rate
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Adapted with permission from the Centers for Obesity Research and Education (C.O.R.E.)



Figure 7.7

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## **Bariatric Surgery: Patient Resources**

### **American Society for Bariatric Surgery**

This professional medical society includes bariatric surgeons and allied health professionals. The Web site provides general information about bariatric surgery, as well as a rationale for surgical treatment of morbid obesity.

[www.asbs.org](http://www.asbs.org)

### **American Society of Bariatric Physicians**

This professional medical specialty society includes licensed physicians who offer specialized programs in the treatment of obesity and its associated conditions through bariatric medicine. Its Web site contains up-to-date information and news in the field of obesity treatment and medical weight loss.

[www.asbp.org](http://www.asbp.org)

### **MEDLINEplus® Health Information**

A service of the US National Library of Medicine and the National Institutes of Health (NIH), this Web site contains information for both health professionals and consumers. MEDLINEplus has extensive information from the National Institutes of Health and other trusted sources on more than 600 diseases and conditions. It also lists hospitals and physicians, a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media, and links to thousands of clinical trials.

<http://medlineplus.gov/>

### **ObesityHelp.com**

This Web site contains an array of information and resources on obesity and bariatric surgery. It also connects patients, surgeons, hospitals, physicians, and others in the fight against obesity.

[www.obesityhelp.com](http://www.obesityhelp.com)

### **Spotlighthealth.com**

This site provides awareness programs that empower and encourage consumers to make informed health care decisions. Spotlight Health publishes a free newsletter about morbid obesity.

[www.spotlighthealth.com](http://www.spotlighthealth.com)