

## **Phentermine/Phendimetrazine Instruction Sheet/Behavior Modification**

Use only as prescribed. **Do NOT share with anyone!** This Medication will decrease appetite, reduce/control cravings, and increase: metabolism, focus, well-being, energy, mood & motivation. Works best with Behavior Modification (1) If NOT hungry, do NOT eat, and (2) Before eating, stop for a few seconds to think, and make the healthier decisions (No bread, No sugar, No salt). Healthy eating, which means eliminate white flour and wheat flour products, eliminate white sugar containing foods and drink, eliminate high salt foods and drinks, reduce alcohol, and eat less meat and more non-meat foods. The effectiveness of the Med will be reduced by dehydration, stress, lack of sleep, carbs, sugar, salt, alcohol, and menstrual period. If you experience any side effects, especially change in breathing or heart rate (use your Pulse Ox), chest pain, palpitations, headache, swollen ankles, dizziness, or cold/pale fingers, stop the Meds and **call/text Dr. Colantonio (cell 516-521-8980)** immediately. Do **NOT** take if you are trying to get pregnant, or if you are pregnant, or are nursing, or if you have an overactive thyroid, high blood pressure, heart disease, abnormal heart rhythm, glaucoma, or have had a stroke, or are taking “MAO meds,” or have a history of addiction to drugs or alcohol. The meds can interact with other meds, even “over the counter” meds. Advise your PMD of ALL medications you take and have EKG and blood tests if recommended by your PMD. Have your doctor call or text me with any questions. Common side effects are dry mouth, constipation (eat more fiber and drink more fluids), or insomnia (take med earlier). STOP Phenter/PhenDi 3-7 days before Surgery or Anesthesia.

Take 3-6 hours after waking up (later is better), drink 1-2 quarts of fluid during those 3-6 hours, and take with at least 8 oz. of fluid on empty stomach. Eat breakfast only if you are hungry. IF NOT HUNGRY - DO NOT EAT, but you must continue to drink fluids. **Dehydration increases risk of all side effects.** If eating breakfast, must be high protein/carb free and wait 1-2 hours before taking Med. Drink 3-4 quarts of zero-calorie fluid per day (8-10 ounces per hour): water (regular, flavored or seltzer OK), coffee/tea without sugar or honey (Truvia/Stevia/Monk-Fruit OK), zero-calorie iced-tea or lemonade, or diet-soda (No regular SODA, No JUICE); caffeine slightly increases the risk of side effects, and being well hydrated eliminates nearly all side-effects. Decaf coffee or tea, which still has caffeine, is healthier. Try to walk 10,000 steps per day including home, work, and school.

**CARBS ARE BAD. HYDRATION IS GOOD.** If you are NOT hungry, DO NOT EAT, BUT MUST DRINK FLUIDS ALL DAY. Coffee/Tea for breakfast, are appetite suppressants, anti-inflammatory (reduce bad hormones), and antioxidants (repair damaged cells). No sugar. No honey. Whole milk is better because lower glycemic index (less insulin produced).

If you are hungry before going to bed, eat, just eat the right things. If you are hungry and eat before going to bed, you will be less likely to be hungry in the morning. People who eat breakfast, eat more throughout the day, and are hungrier during the day. If you are not hungry, please DO NOT EAT. If you are hungry, eat, just eat the right things (No bread, No sugar, No salt – three white toxins).

Sleep is very important for weight management, and a good night's sleep will reduce your appetite the next day, reduce your stress level, and reduce your inflammation level.

Eliminate the three “white” toxins: White Flour, White Sugar, White Salt (all salt is bad). Try to eliminate all three from your meals and your life – **EVERYTHING ELSE YOU MAY EAT & HYDRATION IS MOST IMPORTANT (3-4 quarts of fluid per day, 100 to 130 oz. per day).**

NO white sugar. Omit “white-flour AND wheat-flour carbs” (ALL bread, muffins, bagels, cereal, pancakes, waffles, pizza, pretzels, crackers, pasta, and beer). Omit salt (read all nutrition labels) salt should be “double digits, not triple digits.” All red-meats and all meats cooked outside of your home are very salty. Bacon, sausage, and hot dogs are very unhealthy, as is any “bacon substitute.” Avoid using soy-sauce, and avoid any food prepared outside of your home (restaurants, fast-food, take-out food and “junk food” are all filled with salt). Avoid pickles, chips, and pretzels. Replace with almonds, pistachios, walnuts, pumpkin seeds or sunflower seeds (all un-salted). Reduce high-starch vegetables such as potato, rice, and corn. Avoid alcohol, but if you must drink alcohol, red wine is the better choice (4-oz/day). **HYDRATION IS MOST IMPORTANT** (urine should be clear to light yellow).

Choose foods with higher protein & fiber. A quick rule is adding grams of protein plus grams of fat and should be greater-than grams of sugar. And even better, if “Protein plus Fat” is greater than the total carbs, that is best. **CARBS ARE BAD. HYDRATION IS GOOD.**

Eat more green/leafy vegetables and salad products. Yogurt is excellent at any time you are hungry.

If you exercise, finish one hour before taking Med, or exercise six hours after taking med. Walking, esp. “uphill,” Stairs, Yoga/Meditate/Stretch are all low-impact, low-risk of injury. If you have a treadmill, rule of threes: Speed of 3, incline of 3, for 30 minutes, every other day is optimal (drink extra). Or try to walk 10,000 steps per day at home, work, & school. Get some sun to reduce cortisol.

Eat lean protein (skinless chicken & turkey – low-salt deli meat chicken and turkey cold-cuts are OK, fish, shrimp & seafood). Portions should fit in palm of your hand but eat until you are no longer hungry. Protein: eggs (without yolk but one yolk per day OK), yogurt (NOT low-fat because low-fat means higher carb), four cheeses (mozzarella, ricotta, cottage, and cream cheese), beans, soy, almonds, pistachios, walnuts, coconut, dark chocolate (min. 80%). Pumpkin seeds, Sunflower seeds, and Chia seeds are super foods. All nuts and seeds MUST BE UN-SALTED, and not covered with honey or chocolate. Get in the habit of adding Chia seeds to all foods and drinks.

Fruits that have less sugar and a lower glycemic index (less insulin produced) are better for you: strawberries, raspberries, **blackberries** (not **blueberries**), kiwi, and watermelon. Avoid higher sugar fruits that cause inflammation, such as apples, oranges, pears, all melons (watermelon is OK), pineapple, blueberries, bananas, grapes, cherries, mango. Bananas that are green or yellow are all fiber and okay to eat. The more “brown specks” there are on a banana, the more sugar in the banana. A very ripe brown banana has all sugar and no fiber.

Optimal weight management equals living longer and happier/healthier lives, which means no hospital stays, no surgery, no meds, no cancer, and no disease. The healthiest BMI is 21. Try to get to BMI 21 to maximally reduce your risk of heart disease, stroke, diabetes, high blood pressure, cancer and many other diseases. And to increase your chances of living to at least 100!

Visit **WeightsOverMD.com** frequently for more advice. Modify your behavior, get to and stay at your goal weight with hydration and think before you eat. When you are at your goal weight follow the Behavior Modification that you have practiced. **CARBS ARE BAD! HYDRATION IS GOOD.**

Everyone gains weight because they eat thoughtlessly. Stop for a few seconds to think about what you are about to eat and drink. Avoid the three white toxins: White flour, White sugar, White salt. Teach your children to avoid the “white toxins,” **which are worse than cigarettes**. And be more productive at home, at work, and at school. Be more outgoing and enjoy the time with your family and friends!