Bontril PDM (phendimetrazine) basics

Helps you lose weight. Bontril PDM (phendimetrazine) can help you lose weight, but can't use for long periods of time and isn't for everyone.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

<table>
<thead>
<tr>
<th>Bontril PDM (phendimetrazine)</th>
<th>Drug effectiveness</th>
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<tbody>
<tr>
<td></td>
<td>Hours</td>
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<tr>
<td>Possible side effects†</td>
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<tr>
<td>Racing heart</td>
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<tr>
<td>Insomnia</td>
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<td>Nausea</td>
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† Data on frequency of side effects is not available.

Tips from pharmacists

- If you're taking the immediate release form of Bontril PDM (phendimetrazine), take it 1 hour before each meal. If you're taking the extended release form of Bontril PDM (phendimetrazine), take it 30 to 60 minutes before breakfast.
- Make sure you continue to follow the diet and exercise plan your doctor has for you.
- If you have high blood pressure, make sure you're monitoring your pressures.
- If you have diabetes, make sure you're monitoring your blood sugars.
- You should store Bontril PDM (phendimetrazine) in a dry, safe place at room temperature.
- If you miss your dose, skip it and take it at your normal time. Don't take 2 doses at once.

Risks and warnings

Contact your doctor if you experience any of these.

Serious drug interactions

Shouldn't take Bontril PDM (phendimetrazine) with other medicines or supplements to help you lose weight. A rare, but often fatal condition, called pulmonary hypertension, can occur in your lungs. If you notice difficulty breathing during exercise, unexplained chest pain, fainting or swelling in your legs, let your doctor know right away. If you're planning on starting any new medicines, talk with your doctor.

Avoid use in other conditions

Don't take Bontril PDM (phendimetrazine) if you have a history of heart problems, hyperthyroidism, glaucoma, if you have a history of drug abuse, or are pregnant or nursing.

Heart valve problems

Although not directly linked to Bontril PDM (phendimetrazine), other similar medicines have caused heart valve problems. Make sure your doctor performs heart imaging tests on you before you start Bontril PDM (phendimetrazine).