

Long Term Phentermine Use Consent Form

Dr. Liao has discussed with me that she is prescribing phentermine for long-term use as follows:

"Phentermine is FDA approved only for short term use, and thus, the way we are using this medicine is "off label." Off label means that we are using the medicine in a way that is not formally approved by the FDA. There may be long-term risks of phentermine use that we do not know about, including risk of heart disease.

For most patients, the benefits of long term phentermine outweigh the risks, provided that:

- 1) the initial prescription for the medicine was done when your body mass index was 30 (or body mass index was 27 with a weight related medical condition)
- 2) you have lost at least 5% of your body weight since starting the medicine and you have kept off that weight
- 3) you are following up at least every 3 months, either with your primary physician or with the weight management department for monitoring of weight, blood pressure, and pulse.

You also verify that:

- 1) you have been informed about weight loss medications that are FDA approved for long-term use and told that these have been documented to be safe and effective, whereas phentermine has not.
- 2) you do not have serious cardiovascular disease
- 3) you do not have serious psychiatric disease nor a history of substance abuse."

Signature of patient: _____

Printed name: _____

Date: _____