

# Medication Information Card

## Sibutramine hydrochloride monohydrate

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### Other names for this medication

Meridia®

### How this medication is used

This medication is used to manage obesity including weight loss and weight maintenance.

This medication works by making you feel full sooner. This helps you eat less. This medication is used as part of a weight loss program supervised by your doctor or health care team that includes a reduced calorie diet and physical activity.

### How to take this medication

Take this medication exactly as directed by your doctor or health care provider.

This medication is usually taken once a day in the morning. Swallow whole with a full glass of water. Do not crush, chew or suck the tablets. Take this medication with a meal or snack if it upsets your stomach.

This medication increases the effect of alcohol making you more sleepy or dizzy. Ask your doctor or health care provider about drinking alcohol while taking this medication.

If you are pregnant or thinking about getting pregnant, talk to your doctor or health care provider about the risks and benefits of taking this medication.

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## **How to take this medication (continued)**

Tell your doctor and pharmacist about all the medications or natural or herbal products you take, even the ones you buy without a prescription. Always check with your doctor or health care provider before taking any new medication. Certain medications should not be taken with this medication.

## **While taking this medication you may notice**

- loss of appetite
- dry mouth
- trouble sleeping
- constipation

To avoid constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

To help dry mouth, try sucking sugar-free candy or chewing sugar-free gum. Sucking on ice chips also helps if you are not on a limited fluid diet. Good care of our teeth is very important at this time.

Most of these effects will go away as your body gets used to this medication.

## **Contact your doctor if you notice**

- anxiety
- chest pain
- pounding or irregular heartbeats
- a combination of severe agitation with confusion, tremors, stiff muscles together with fast heart beat and high blood pressure