

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using ALENAMI?

ALENAMI contains the active ingredient phentermine. ALENAMI is used to reduce body weight in obese or overweight patients.

For more information, see Section [1. Why am I using ALENAMI?](#) in the full CMI.

2. What should I know before I use ALENAMI?

Do not use if you have ever had an allergic reaction to ALENAMI or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use ALENAMI?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with ALENAMI and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use ALENAMI?

- In adults and children over 12 years, the usual dose of ALENAMI is one capsule every day. However, your doctor will prescribe the right dose for you. Take it for as long as your doctor tells you to.
- Swallow the capsules whole with plenty of water. Do not chew or open the capsules.
- Take ALENAMI first thing in the morning, at breakfast time so that it does not keep you awake at night.

More instructions can be found in Section [4. How do I use ALENAMI?](#) in the full CMI.

5. What should I know while using ALENAMI?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist, pharmacist, or anaesthetist you visit that you are using ALENAMI.• Check with your doctor or pharmacist before you start to take any cough or cold medication.• Tell your doctor if you become pregnant while taking ALANAMI
Things you should not do	<ul style="list-style-type: none">• Do not stop using this medicine without first talking to your doctor.• Do not take ALENAMI to treat any other complaints unless our doctor tells you to.• Do not give your medicines to anyone else, even if they have the same condition as you.
Driving or using machines	<ul style="list-style-type: none">• Be careful before you drive or use any machines or tools until you know how ALENAMI affects you. ALENAMI may cause dizziness in some people.
Drinking alcohol	<ul style="list-style-type: none">• DO NOT drink alcohol whilst taking ALENAMI.
Looking after your medicine	<ul style="list-style-type: none">• Keep ALENAMI in a cool dry place, away from moisture, heat, or sunlight where the temperature stays below 30°C.

For more information, see Section [5. What should I know while using ALENAMI?](#) in the full CMI.

6. Are there any side effects?

Common side effects of ALENAMI include headache, dizziness, restlessness, nervousness, trouble sleeping and tremor (shaking). Serious side effects of ALENAMI include chest pain, faster and harder heart beat, sudden or quick weight loss, difficulty breathing, swelling of the face or limbs, dry mouth or unpleasant taste in your mouth, difficulty passing urine, skin rashes.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

Alenami®

Active ingredient(s): *phentermine*

Consumer Medicine Information (CMI)

This leaflet provides important information about using ALENAMI. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using ALENAMI.**

Where to find information in this leaflet:

- [1. Why am I using ALENAMI?](#)
- [2. What should I know before I use ALENAMI?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use ALENAMI?](#)
- [5. What should I know while using ALENAMI?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using ALENAMI?

ALENAMI contains the active ingredient phentermine. Phentermine is combined with a resin which slowly releases the phentermine so the effect of ALENAMI lasts all day.

ALENAMI works by directly affecting the area of the brain that controls your appetite making you feel less hungry.

ALENAMI is used to reduce body weight in obese or overweight patients. Your doctor will assess whether ALENAMI is suitable for you.

ALENAMI should be used as a part of an overall weight management plan which should include a medically controlled diet and exercise program. ALENAMI is available only with a doctor's prescription.

Your doctor may prescribe ALENAMI for another purpose. If you are not sure why you are taking this medicine, ask your doctor.

2. What should I know before I use ALENAMI?

Warnings

Do not use ALENAMI if you have:

- very high blood pressure
- high blood pressure in the lung
- problems with the valves in your heart
- disease related to blood vessels in the brain
- severe heart disease including changes in the rhythm or rate of the heart beat
- narrowing of the blood vessels due to thickening or hardening of the blood vessel wall
- overactive thyroid gland

- psychiatric illness including anorexia nervosa (loss of appetite) and depression
- glaucoma (high pressure in the eye)
- **an allergy to phentermine, any similar medications used to reduce weight, or any of the ingredients listed at the end of this leaflet.**

Some symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue, or any other parts of the body; rash, itching or hives on the skin.

Always check the ingredients to make sure you can use this medicine.

Do not use ALENAMI if:

- you are currently taking, or have taken within the last 14 days, antidepressant medicines from the monoamine oxidase inhibitor (MAOI) class such as phenelzine (e.g. Nardil) or tranylcypromine (e.g. Parnate)
- you have previously misused drugs or alcohol
- the expiry date on the pack has passed
- the package shows signs of tampering

Check with your doctor if you:

- have any other medical conditions such as:
 - high blood pressure
 - heart disease such as angina (chest pain)
 - diabetes
 - epilepsy
- take any medicines for any other condition
- have allergies to any medicines, foods, preservatives or dyes.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Your doctor or pharmacist can discuss with you the risks and benefits involved.

Use in children

Do not give this medicine to a child under the age of 12 years.

Safety and effectiveness in children younger than 12 years have not been established.

Use in the elderly

ALENAMI is not recommended for the elderly.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and ALENAMI may interfere with each other. These include:

- any medicines for weight reduction
- any medicines for depression or obsessive compulsive disorder such as fluoxetine (e.g. Prozac, Erocip, Lovan, Zactin); sertraline (e.g. Zoloft); paroxetine (e.g. Aropax); clomipramine (e.g. Anafranil, Placil).
- ergot-like medicines for migraine such as ergotamine (e.g. Cafergot, Ergodryl, Migral)
- any cough and cold remedies containing pseudoephedrine, phenylpropanolamine or phenylephrine
- thyroid hormones
- any medication for mental illness
- medicines for lowering high blood pressure including clonidine, methyldopa or guanethidine.

These medicines may be affected by ALENAMI or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect ALENAMI.

4. How do I use ALENAMI?

How much to take

- In adults and children over 12 years, the usual dose of ALENAMI is one capsule every day. However, your doctor will prescribe the right dose for you.
- Increasing the dose may not necessarily make you lose more weight or make you lose weight faster. However you will most likely experience more side effects. Your doctor will tell you how long you are to take ALENAMI for.
- Follow the instructions provided and use ALENAMI until your doctor tells you to stop.

When to take ALENAMI

- **Take ALENAMI first thing in the morning, at breakfast time so that it does not keep you awake at night.** Taking it at the same time each day will have the best effect. It will also help you remember when to take it.
- It does not matter if you take this medicine before or after food.

How to take ALENAMI

- Swallow the capsules whole with plenty of water. Do not chew or open the capsules.

How long to take it

Take this medicine as long as your doctor tells you to.

If you forget to use ALENAMI

ALENAMI should be used regularly at the same time each day. If you miss your dose at the usual time, take your ALENAMI dose at breakfast, take it no later than lunch time.

Alternatively, skip the dose you missed and take your next dose at the normal time on the next day.

If you take ALENAMI any later than lunch time you may have trouble sleeping at night.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose you missed.

If you use too much ALENAMI

If you think that you have used too much ALENAMI, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (**by calling 13 11 26**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using ALENAMI?

Things you should do

- Tell any other doctors, dentists and pharmacists who treat you that you are taking this medicine.
- If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.
- Check with your doctor or pharmacist before you start to take any cough or cold medication.
- If you are about to have any blood tests tell your doctor that you are taking this medicine. It may interfere with the results of some tests. Keep all of your doctor's appointments so that your progress can be checked.

Call your doctor straight away if you:

- Are experiencing sudden/rapid weight loss, difficulty breathing, chest pain, fainting, and swelling of the lower limbs and if you cannot exercise as much as you usually can.
- Become pregnant while taking ALENAMI

Remind any doctor, dentist or pharmacist you visit that you are using ALENAMI.

Things you should not do

- Do not take ALENAMI to treat any other complaints unless our doctor tells you to.
- Do not give your medicines to anyone else, even if they have the same condition as you.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how ALENAMI affects you.

ALENAMI may cause dizziness in some people.

Drinking alcohol

DO NOT drink alcohol whilst taking ALENAMI.

Looking after your medicine

Store in a cool dry place below 30°C.

Protect from light.

Heat and dampness can destroy some medicines.

Keep your capsules in the blister foil in the carton until it is time to take them.

If you take the capsules out of the pack they may not keep well.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

This medicine helps most people with a weight problem, but it may have unwanted side effects in a few people. All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none"> • feeling more awake than usual • trouble sleeping • your heart seems to beat faster and harder • your blood pressure may be raised slightly • irregular heart beats • feeling restless 	<p>Speak to your doctor if you have any of these less serious side effects and they worry you.</p>

<ul style="list-style-type: none"> • feelings of extreme happiness followed by depression and tiredness • nervousness • tremor (shaking) • headache • dizziness • nausea • vomiting • diarrhoea or constipation • stomach cramps 	
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Serious side effects

Serious side effects	What to do
<p>Tell your doctor as soon as possible if you notice any of these side effects.</p> <ul style="list-style-type: none"> • sudden or rapid weight loss • difficulty breathing • chest pain • fainting • swelling of the lower limbs • or if you cannot exercise as much as you usually can • dry mouth or an unpleasant taste in your mouth • difficulty passing urine • skin rashes • impotence • changes in sexual drive • swelling of the face <p>Tell your doctor immediately or go to Accident and Emergency at your nearest hospital if you experience:</p> <ul style="list-style-type: none"> • heart attack • stroke • angina • myocardial infarction <p>The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.</p> <p>These side effects are rare.</p>	<p>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</p>

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What ALENAMI contains

Active ingredient (main ingredient)	phentermine
Other ingredients (inactive ingredients)	<ul style="list-style-type: none">• lactose• liquid paraffin• magnesium stearate• Gglatin• titanium oxide• iron oxide black (CI 77499) <p>In Addition:</p> <p>ALENAMI 15mg contains:</p> <ul style="list-style-type: none">• brilliant blue FCF (CI 42090)• sunset yellow FCF (CI 15985)• quinolone yellow FCF (CI 47005) <p>ALENAMI 30mg contains:</p> <ul style="list-style-type: none">• iron oxide red (CI 77491) <p>ALENAMI 40mg contains:</p> <ul style="list-style-type: none">• erythrosine (CI 45430)• sunset yellow FCF (15985)

ALENAMI capsules are gluten free.

Do not take this medicine if you are allergic to any of these ingredients.

What ALENAMI looks like

ALENAMI capsules are available in three strengths in packs of 30 capsules:

15 mg – (AUST R 319359)

Grey and green capsule, marked with "15" in black ink.

30 mg – (AUST R 319419)

Grey and reddish-brown capsule, marked with "30" in black ink.

40 mg – (AUST R 319420)

Grey and orange capsule, marked with "40" in black ink.

Who distributes ALENAMI

Aspen Pharmacare Australia Pty Ltd
34-36 Chandos St
St Leonards NSW 2065
Australia

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