

## NEW ZEALAND DATA SHEET

### 1 PRODUCT NAME

Phentermine Lupin, 15 mg phentermine hydrochloride, modified release capsule  
Phentermine Lupin, 30 mg phentermine hydrochloride, modified release capsule

### 2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Each capsule contains phentermine as an ion-exchange resin complex equivalent to 15 or 30 mg phentermine depending on strength.

For the full list of excipients, see **Section 6.1 List of Excipients**.

### 3 PHARMACEUTICAL FORM

Modified release capsules.

Phentermine Lupin 15 mg: Size '3' hard gelatin capsule with white opaque cap and grey opaque body, imprinted with "PT" on cap and "15" on body in black ink and containing brown to light brown coloured spherical beads.

Phentermine Lupin 30 mg: Size '3' hard gelatin capsule with purple cap and grey opaque body, imprinted with "PT" on cap and "30" on body in white ink and containing brown to light brown coloured spherical beads.

### 4 CLINICAL PARTICULARS

#### 4.1 Therapeutic Indications

Phentermine is indicated as a short-term adjunct in a medically monitored comprehensive regimen of weight reduction based on exercise, diet (caloric restriction) and behaviour modification in obese patients with a body mass index (BMI) of 30kg/m<sup>2</sup> or greater who have not achieved an adequate clinical response to an appropriate weight-reducing regimen alone.

Phentermine may appropriately be initiated in overweight patients with a lower BMI when risk of morbidity from other medical conditions is increased. Patients with the following co-morbidities are particular candidates for medical assistance with weight reduction, and may be considered for treatment even if their BMI does not exceed 30 kg/m<sup>2</sup>:

- sleep apnoea
- insulin-resistant diabetes mellitus
- pre-diabetes or impaired glucose tolerance in association with obesity
- high cardiovascular risk status as a consequence of obesity.

Failure to achieve a weight reduction of 5% within a period of 12 weeks is an indication for discontinuation of treatment. Treatment may continue beyond this point provided continued monitoring of the patient occurs (for weight loss and medical conditions) and for as long as weight loss is maintained.

Secondary organic causes of obesity should be excluded by diagnosis before prescribing this agent.

## 4.2 Dose and Method of Administration

For oral administration:

### Adults and Children Over 12 Years

One capsule daily at breakfast, swallowed whole. Evening dosing should be avoided, as this agent may induce insomnia. It is recommended that treatment should be initiated under the care of physicians experienced in the treatment of obesity.

The usual starting point of therapy is 30 mg daily. For lighter framed individuals or when side effects are evident, the 15 mg strength is the recommended alternative. Maintenance therapy, either continuous or intermittent, can be effectively managed with a dose between 15 mg and 30 mg daily. The recommended dose of phentermine should not be exceeded and phentermine should not be combined with other appetite suppressants in an attempt to increase the effect. Patients require medical review after a defined course of treatment which ideally should not exceed 3 months.

### Children

Phentermine is not recommended for children under the age of 12 years.

### Elderly

Phentermine is not recommended for the elderly.

## 4.3 Contraindications

- Pulmonary artery hypertension.
- Existing heart valve abnormalities or heart murmurs.
- Moderate to severe arterial hypertension.
- Cerebrovascular disease.
- Severe cardiac disease including arrhythmias
- Advanced arteriosclerosis.
- Known hypersensitivity to sympathomimetic drugs.
- Hyperthyroidism.
- Agitated states or a history of psychiatric illnesses including anorexia nervosa and depression.
- Glaucoma.
- History of drug/alcohol abuse or dependence.

Concomitant treatment with Monoamine Oxidase (MAO) Inhibitors or within 14 days following their administration.

## 4.4 Special Warnings and Precautions for Use

Phentermine is indicated only as short-term monotherapy for the management of exogenous obesity. The safety and efficacy of combination therapy with phentermine and any other drug products for weight loss have not been established. Therefore, co-administration of drug products for weight loss is not recommended.

### Valvular Heart Disease

Serious regurgitate cardiac valvular disease, primarily affecting the mitral, aortic and/or tricuspid valves, has been reported in otherwise healthy persons who had taken a combination of fenfluramine or dexfenfluramine with phentermine for weight loss. The aetiology of these valvulopathies has not been established and their course in individuals after the drugs are stopped is not known. There have been no reported cases to date of valvular heart disease occurring with the use of phentermine alone.

Since the selective serotonin reuptake inhibitors (eg. fluoxetine, sertraline, fluvoxamine, paroxetine), ergot-like drugs and clomipramine affect serotonin disposition there remains a theoretical risk that combination of these agents with phentermine may also be associated with cardiac valvular disease, although there is no direct scientific evidence to confirm this theory.

### Primary Pulmonary Hypertension (PPH)

Cases of severe, sometimes fatal, primary pulmonary hypertension (PPH) have been reported in patients who have received anorectics. PPH has also been reported in patients receiving phentermine combined with fenfluramine/dexfenfluramine. The possibility of an association between PPH and the use of phentermine alone cannot be ruled out. There have been very rare cases of PPH in patients who reportedly have taken phentermine alone.

The initial symptom of PPH is usually dyspnoea. Other early symptoms include: angina pectoris, syncope, lower extremity oedema or the unexplained onset or aggravation of diminished exercise tolerance. Under these circumstances, treatment should be immediately discontinued and the patient referred to a specialist unit for investigation.

### Use With Caution in the Following Circumstances

Phentermine should be used with caution in patients with mild hypertension. In the first days of treatment, determine that there is no loss of blood pressure control.

In patients receiving phentermine, response to insulin and oral hypoglycaemic agents may vary due to alterations in dietary regimes. This should be kept in mind if phentermine is used in diabetic patients.

Phentermine is not recommended in patients with pre-existing valvular heart disease.

Rarely, cases of cardiac and cerebrovascular accidents have been reported, often following rapid weight loss. Special care should be taken to ensure gradual and controlled weight loss in obese patients, who have an increased risk of vascular disease.

Phentermine should be used with caution in patients receiving anti-hypertensive agents, since it may cause some loss of blood pressure control, and in patients receiving psychotropic drugs, including sedatives and sympathomimetic agents. Phentermine should be used with caution in epileptic patients.

Inappropriate use of phentermine and similar medicines has been reported and the possibility of this occurrence should be considered and patients managed accordingly. As a result, patients should be reviewed regularly in the process of their treatment and informed of other measures to effect weight loss.

Phentermine should not be used in men or women for loss of weight for cosmetic reasons. Those who have failed to respond to medical treatment for weight loss in the past should only be treated after review by a medical practitioner specialising in the treatment of weight loss. The ability of the patient to maintain effective lifestyle interventions of exercise and diet and adhere to a medical regimen should be assessed before treatment is commenced.

## 4.5 Interactions with Other Medicines and Other Forms of Interactions

Phentermine should be used with caution in patients receiving sympathomimetic agents. Response to insulin and oral hypoglycaemic agents may vary in patients receiving phentermine.

Phentermine antagonises adrenergic neurone blocking drugs such as clonidine, methyldopa and guanethidine and may decrease their hypotensive effect.

The effects of phentermine are potentiated by Monoamine Oxidase Inhibitors (see **Section 4.3 Contraindications**) and may result in a hypertensive crisis.

The concurrent use of thyroid hormones with phentermine may increase the CNS stimulation that can occur with phentermine.

Alcohol may increase CNS side effects such as dizziness, light-headedness and confusion, and its concurrent use should be avoided with phentermine.

Serotonin reuptake inhibitors and tricyclic antidepressants may interact with Phentermine by increasing serotonin levels, and Phentermine should be used with caution in those taking these agents. Since the selective serotonin reuptake inhibitors (e.g. fluoxetine, sertraline, fluvoxamine, paroxetine), ergot derived drugs and clomipramine affect serotonin metabolism there remains a theoretical risk that combination of these agents with phentermine may also be associated with cardiac valvular disease, although there is no direct scientific evidence to confirm this theory.

### Effects on Laboratory Tests

There are no reports to-date to suggest that phentermine interferes with laboratory or diagnostic tests.

## 4.6 Fertility, Pregnancy and Lactation

### Pregnancy

Category B3

Studies in animals have shown evidence of an increased occurrence of foetal damage, the significance of which is considered uncertain in humans. Due to inadequate evidence of safety in human pregnancy, Phentermine should not be used in pregnant women.

### Use in Lactation

There is no data available on the safety of phentermine in lactation and as such, its use in lactating women should be avoided.

## 4.7 Effects on Ability to Drive and Use Machines

Phentermine may impair the ability to perform activities requiring mental alertness, such as driving and operating machinery, and patients therefore should be cautioned accordingly. Patients may be at risk whilst driving or operating machinery.

## 4.8 Undesirable Effects

### Cardiovascular

Refer to Section 4.4 regarding the onset or aggravation of exertional dyspnoea.

The most common reported reactions are palpitations, tachycardia, elevation of blood pressure, precordial pain. Rare occurrences of cardiovascular or cerebrovascular events have been described with

anorectic agents. In particular, stroke, angina, myocardial infarction, cardiac failure and cardiac arrest have been reported.

### **Central Nervous System**

Overstimulation, restlessness, nervousness, insomnia, tremor, dizziness and headache. Rarely, euphoria may occur and this may be followed by fatigue and depression. Psychotic episodes and hallucinations are rare side effects.

### **Gastrointestinal**

Nausea, vomiting, dry mouth, abdominal cramps, unpleasant taste, diarrhoea, constipation.

### **Renal and urinary disorders**

Micturition disturbances

### **Reproductive system and breast disorders**

Impotence, changes in libido

### **Skin and subcutaneous tissue disorders**

Rash, facial oedema.

### **Reporting Suspected Adverse Effects**

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit-risk balance of the medicine. Healthcare professionals are asked to report any suspected adverse reactions <https://pophealth.my.site.com/carmreportnz/s/>

## **4.9 Overdose**

### **Symptoms and Signs**

Initially euphoria, restlessness, irritability, tremor, hyper-reflexia, rapid respiration, confusion, agitation, assaultiveness, disorientation, hallucinations and panic states may occur. Fatigue, central nervous system depression, convulsions and coma may follow the central stimulation. Cardiovascular effects include arrhythmias, hypertension or hypotension and circulatory collapse. Gastrointestinal symptoms include nausea, vomiting, diarrhoea and abdominal cramps.

### **Treatment**

The treatment is largely symptomatic. Activated charcoal may reduce absorption of the medicine if given within one or two hours after ingestion. In patients who are not fully conscious or have impaired gag reflex, consideration should be given to administering activated charcoal via a nasogastric tube, once the airway is protected. Diazepam, preferably by mouth (cautiously by intravenous injection) can be used to control marked excitement and convulsions. Provided renal function is adequate, elimination of phentermine has been shown to be assisted by acidification of the urine. There is insufficient experience to recommend haemodialysis or peritoneal dialysis.

For advice on the management of overdose please contact the National Poisons Centre on 0800 POISON (0800 764766).

## **5 PHARMACOLOGICAL PROPERTIES**

### **5.1 Pharmacodynamic Properties**

Pharmacotherapeutic group: Centrally acting antiobesity products, ATC Code: A08AA01.

Phentermine is a sympathomimetic amine chemically related to amphetamine with significant anorectic activity in animal models. Its appetite suppressant effect is generally considered to be exerted through the hypothalamus but it is not certain that this is the only effect related to weight loss. Phentermine has major effects on the dopaminergic and noradrenergic nervous systems. In addition to effects upon appetite suppression in the CNS, phentermine may also have peripheral effects related to lipid metabolism. The cardiovascular effects include a pressor response and an increase in heart rate and force of contraction.

## 5.2 Pharmacokinetic Properties

Phentermine (phenyl tertiary butylamine) ion-exchange resin complex is quite stable, highly insoluble and without pharmacological effect until it reacts with cations (hydrogen, potassium, sodium, etc) present in the gastrointestinal fluids. Phentermine is then released from the resin complex at a rate dependent on the total concentrations of these cations. Since this concentration is fairly constant throughout the entire gastrointestinal tract, continuous and controlled ionic release occurs over a 10 to 14 hour period.

Absorption of phentermine is almost complete. The rate of absorption from the resin complex is significantly slower than that from the hydrochloride salt resulting in a lower and later peak blood level.

Phentermine is readily absorbed from the gastrointestinal tract and approximately 70 to 80% of an oral dose is excreted unchanged in the urine. The remainder is metabolised in the liver.

The half-life of phentermine is about 25 hours. In one study in volunteers, acidification of the urine reduced the half-life to 7-8 hours.

## 5.3 Preclinical Safety Data

### Genotoxicity

Phentermine was not mutagenic in a bacterial gene mutation assay, however, studies to assess the potential for chromosomal damage have not been performed.

### Carcinogenicity

No studies have been performed to determine the potential of phentermine for carcinogenesis.

## 6 PHARMACEUTICAL PARTICULARS

### 6.1 List of Excipients

Sodium polystyrene sulfonate

Magnesium stearate

Gelatin

Titanium dioxide

Purified water

Iron oxide black

Printing ink shellac, dehydrated alcohol, isopropyl alcohol, butyl alcohol, propylene alcohol, ammonia solution, potassium hydroxide, water and black iron oxide (15mg capsule only).

Brilliant Blue FCF (30 mg capsule only)

Erythrosine (30 mg capsule only)

Phentermine Lupin capsules are gluten-free.

## 6.2 Incompatibilities

Not applicable

## 6.3 Shelf Life

24 months.

## 6.4 Special Precautions for Storage

Store below 25°C.

## 6.5 Nature and Contents of Container

Phentermine Lupin is supplied in PVC/PVDC/aluminium foil and PVC/Aclar/aluminium foil blister packs of 30 capsules.

## 6.6 Special Precautions for Disposal

No special requirements.

## 7 MEDICINE SCHEDULE

Class C5 Controlled Drug

## 8 SPONSOR

Lupin NZ Limited  
c/- BDO, Level 4, Building A, BDO Centre  
4 Graham Street, Auckland, 1010  
New Zealand

Phone: +64 9 8896972

## 9 DATE OF FIRST APPROVAL

14 November 2024

## 10 DATE OF REVISION OF THE TEXT

12 December 2024

### SUMMARY TABLE OF CHANGES

Section Changed	Summary of New Information
8	Change of sponsor