

210mm

DUROMINE®

NAME OF THE DRUG

CN(C)c1ccccc1

Each Duromine capsule contains phenentermine as an ion-exchange resin complex equivalent to 15 or 30 mg phenentermine depending on strength. The ion-exchange resin is quite stable, highly insoluble and without pharmacological effect until it reacts with cations (hydrogen, potassium, sodium etc) present in the gastrointestinal fluids. Phenentermine is then released from the resin complex at a rate dependent on the total concentration 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.

Phentermine is a sympathomimetic amine 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. The cardiovascular effects include a pressor response and increase in heart rate and force of contraction.

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 than peak blood level. Phentermine is readily absorbed from the gastrointestinal tract. Following an oral dose of phentermine capsule, one study demonstrated urinary excretion of unchanged drug ranging from 62.7% to 84.8% in 72 hours. 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.

Duramome is an anorectic agent indicated in the management of obesity as a short-term adjunct in a medically monitored comprehensive regimen of weight reduction based, for example, on exercise, diet (caloric/kilojoule restriction) and behaviour modification in obese patients with a body mass index (BMI) of 30 kg/m² or greater. The treatment with Duramome can be initiated in overweight patients with a lower BMI (25 to 29.9 kg/m²) which increases the risk of morbidity from a number of disorders. Secondary organic causes of obesity should be excluded by diagnosis before prescribing this agent.

Pulmonary artery hypertension; existing heart valve abnormalities or heart murmurs; moderate to severe arterial hypertension; cerebro-vascular disease; severe cardiac disease including arrhythmias, advanced arteriosclerosis; known hypersensitivity to sympathomimetic drugs; hyperthyroidism;

Duromine capsules are 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, coadministration 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.

Primary Pulmonary Hypertension (PPH): Cases of severe, sometimes fatal primary pulmonary hypertension, have been reported in patients who have received anorectics. In a case-control epidemiological study, the duration of treatment with anorectic agents, not including phentermine, beyond three months significantly increases the risk of PPH. However, patients treated with phentermine require medical review at least every 3 months (Refer to "Dosage and Administration"). PPH has been reported in patients receiving fenfluramine/dexfenfluramine combined with phentermine. 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 dyspnea.

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.

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

Duromine may impair the ability to perform activities requiring mental alertness, such as driving and operating machinery, and patients therefore should be cautioned accordingly. Inappropriate use has been reported with similar drugs and the possibility of this occurrence should be considered with Duromine.

Cardiovascular and cerebrovascular events have rarely been reported, mainly in association with rapid weight loss. Weight loss should be gradual and controlled in obese patients undergoing treatment with Duromine. Duromine should be used with caution in patients with established coronary artery

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Weight reduction using appetite suppression drugs is not recommended during pregnancy. In rats, administration of phentermine during late gestation at a dose 7 times the maximum human dose on a mg/m² basis had no adverse effects on dams or offspring. There is no information on the teratological potential of phentermine. Because of inadequate evidence of safety in human pregnancy, Duromine should not be used in pregnant women.

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

Duromine should be used with caution in patients receiving sympathomimetic agents. Duromine antagonises adrenergic neurone blocking drugs such as clonidine, methyldopa and guanethidine and may decrease their hypotensive effect. The effects of Duromine are potentiated by Monoamine Oxidase Inhibitors (see Contraindications) and may result in a hypertensive crisis. The concurrent use of thyroid hormones with Duromine may increase the CNS stimulation that can occur with Duromine. Alcohol may increase CNS side effects such as dizziness, lightheadedness and confusion, and its concurrent use should be avoided with Duromine.

Cardiovascular: Refer to "Special Precautions - Valvular Heart Disease and Primary Pulmonary Hypertension". 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.

Other: Micturition on disturbances, rash, impotence, changes in libido, facial oedema.

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 recommended starting dose is 30mg daily. The recommended maintenance dose, either continuous or intermittent is 15 to 30 mg daily depending on responsiveness. The recommended dose of Duromine should not be exceeded to increase the effect. Duromine should not be combined with other appetite suppressants. Patients require medical review after a defined course of treatment, which should not exceed three months.

Duromine is not recommended for children under the age of twelve.

Duromine is not recommended for the elderly.

Initially irritability, rapid respiration, agitation, euphoria, restlessness, hyperreflexia, disorientation and tremor, aggressiveness, hallucinations and panic states may occur, followed by cardiac arrhythmias, convulsions, fatigue, central nervous system depression and coma. Cardiovascular consequences include hypertension, hypotension and circulatory collapse. Gastrointestinal symptoms include nausea, vomiting, diarrhoea and abdominal cramps.

The treatment is largely symptomatic. The stomach should be emptied by gastric lavage and washed out with water if the preparation has been ingested within the last three or four hours. Gastric lavage, followed by activated charcoal, may be the optimal decontamination regimen for patients exhibiting CNS depression. 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.

15mg - grey and green, marked Duromine 15 on cap and body; 30s. blister pack.

30mg - grey and reddish brown, marked Duromine 30 on cap and body: 30s, blister pack.

40mg - grey and orange, marked Duromine 40 on cap and body: 30s, blister pack. (Hong Kong only)

Store below 30°C




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Singapore 408600

January 2018

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| PRODUCT | PRINTER DETAILS | COLOURS | FONTS | AMENDS | ARTWORKER INFO |
|--|-------------------------------|--|---|--|--|
| Brand: Duromine | Dieline Ref: XXX | Black  | Fonts Used: Arial Arial Italic Arial Bold | 26/02/18 : New Artwork Build - Elaine 21/03/18 : Change TM to ~- Elaine 08/06/18 : Text Amend - Sunny | Artwork Software: Illustrator CC 2017 |
| Product Variant: Phentermine | Printer: XXX | | | | |
| Pack Size: 15mg, 30mg, 40mg x 30 | EMO: Douglas | | | | |
| Country: SG | SKU No: 100144, 100145 | | | | Barcode %: |
| Filename: 81836_LT0040_DM_Phentermine_15mg30mg40mgx30_Leaflet_V2.ai | CODES | | | | |
| | JOB NO: 81836 | | Body copy size: 6pts | | APPROVALS |
| Date: 08/06/2018 | VERSION: 2 | | Min. font size: 1.151mm | | Artworker: |
| Component: Leaflet | UIC: LT0040 |  |  | | Signed: |
| Dimensions: 148mm w x 210mm h | | | | | Date: 00/00/2018 |