

DOSING INSTRUCTIONS

What is CONTRAVE?

CONTRAVE is a prescription medicine that is used for weight management:

- in patients who have obesity or;
- in patients with overweight and at least one medical condition associated with their weight, such as:
 - ▮ high blood pressure that is controlled with medicine
 - ▮ type 2 diabetes
 - ▮ a high amount of lipids (cholesterol or other types of fat) in the blood












CONTRAVE should be used along with a reduced calorie diet and increased physical activity.

It should be taken exactly as your Healthcare Professional (HCP) tells you to. Please refer to your **Patient Medication Information insert** in your product package for important safety information.

How do I take CONTRAVE?

- The picture below explains how your dose of CONTRAVE will be slowly increased over the first 4 weeks. At week 4, you will be taking the usual adult dose:
 - ▮ 2 tablets in the morning and 2 tablets in the evening.
 - ▮ This is also the maximum daily dose for CONTRAVE. It is important that you not take more than the maximum daily dose:
 - **Do not** take more than 2 tablets in the morning and 2 tablets in the evening.
 - **Do not** take more than 2 tablets at the same time or more than 4 tablets in 1 day.

	 Morning	 Evening
Week 1		
Week 2		
Week 3		
Week 4 and maintenance		

Here is some more information on taking CONTRAVE:

- **Do not** change your CONTRAVE dose without talking with your HCP.
- **Do not** take more CONTRAVE than your HCP tells you to, or it may increase your risk of seizures.

Your HCP:

- Will change your dose if needed
- Should tell you to stop taking CONTRAVE if you have not lost a certain amount of weight after 16 weeks of treatment
- Will monitor:
 - ▮ your blood pressure and heart rate before you take CONTRAVE and during your treatment
 - ▮ you for side effects if you have kidney or liver problems
- Swallow CONTRAVE tablets whole. Do not cut, chew, or crush the tablets. Tell your HCP if you cannot swallow CONTRAVE tablets whole.
- Take each dose of CONTRAVE with food. **Do not** take CONTRAVE with high-fat meals because this may increase your risk of seizures.
- Your dose may be decreased if you:
 - ▮ Have kidney or liver problems.
 - ▮ Take certain medicines.
- **Do not** drink a lot of alcohol while taking CONTRAVE. Talk with your HCP if you drink a lot of alcohol. If you suddenly stop drinking alcohol, you may increase your chance of having a seizure.



Overdose

If you think you have taken too much CONTRAVE, contact your HCP, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

Risk of opioid overdose: You may be at risk of having an opioid overdose if you take opioid medicines while taking CONTRAVE.

You should get emergency medical help right away if you:

- Have trouble breathing
- Become very drowsy with slowed breathing
- Have slow, shallow breathing (little chest movement with breathing)
- Feel faint, very dizzy, confused, or have unusual symptoms

Missed Dose:

If you miss a dose of CONTRAVE, wait until your next regular time to take it. **Do not** take more than 1 dose of CONTRAVE at a time. This will help reduce your risk of having a seizure.

Always take CONTRAVE as directed by your HCP. If you have any questions about CONTRAVE, contact one of our nurse counsellors at 1-855-CONTRAVE (1-855-268-7283) from 8 a.m. to 8 p.m. Monday to Friday EST.

Please refer to your Patient Medication Information insert in your product package for important safety information.

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Contrave Support program