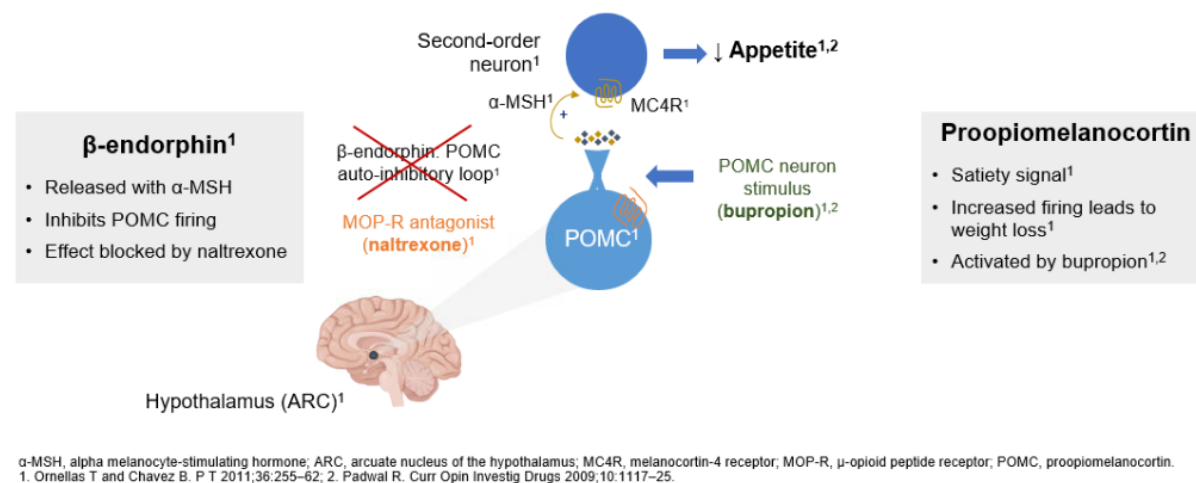


Contrave (naltrexone + bupropion) combination pill or split into two pills naltrexone and bupropion

How does this work?

Naltrexone/bupropion: mechanism of action

The Naltrexone/bupropion combination synergistically impacts two different pathways associated with increased energy expenditure and reduced energy intake^{1,2}:



A combination medication made up of a commonly used antidepressant/smoking cessation called bupropion, and an opioid receptor blocker called naltrexone used for addictions. These medications activate the weight loss pathway of the brain-more fullness, less hunger/cravings and also take away the reward of highly rewarding food

Why go on this medication?

High reward from food, “food addiction”, emotional eating, helpful in smokers, helpful in depression

Mean total body weight loss (in excess of placebo)

5-9.3% 3 trials 1 year FDA approved 2014

Dosing Contrave

Week 1: 1 tablet in am

Week 2: 1 tablet am and 1 tablet pm

Week 3: 2 tablets am and 1 tablet pm

Week 4: 2 tablets am and 2 tablets pm

Or naltrexone 50 mg tablet

Week 1: ¼ tablet am

Week 2: ½ tablet am

Week 3 and on: ½ tablet am and ¼ tablet pm

Bupropion SR 100 mg SR 12 hr.

Week 1: 1 am

Week 2: 1 am and 1 pm

Week 3: 2 am and 1 pm

Week 4 and on: 2 am and 2 pm

Reasons not to take this medication

Seizure disorder

Severe anxiety

Uncontrolled headache disorder

Heart disease

Uncontrolled high blood pressure

Use opioids or methadone

Drug or alcohol withdrawal

Glaucoma

Liver disease/kidney disease (reduce dose)

Potential reactions (normally improve with time)

Nausea

Vomiting

Constipation

Insomnia

Headache

Dry mouth

Dizziness

Monitor for Increase blood pressure

Worsening depression or new thoughts of suicide (any antidepressant can increase the risk of suicide thinking in children, adolescents, and young adults ;)

Self-monitoring

- 1) If worsening mood or suicidal ideation **call office**
- 2) Monitor blood pressure and HR **weekly for a month**
- 3) Do not increase the dose if having side effects that are significant from above and go back to week you can tolerate
- 4) Don't take with high fat meals
- 5) Do not stop this medication without a wean (by your provider)
- 6) Hold this medication if undergoing anesthesia or procedures requiring sedation such as colonoscopy for 3 days
- 7) Hold this medication if you need to take opioids for pain
- 8) Limit caffeine, energy drinks, decongestants (Sudafed) and alcohol on this medication
- 9) Drug interactions of other medications: SSRI, MAO I, selegiline, rasagiline. Antipsychotics, metoprolol, propafenone and flecainide, digoxin, Plavix, levodopa, amantadine.
- 10) Bupropion inhibited by ritonavir, lopinavir, efavirenz, carbamazepine, phenobarbital, phenytoin



Using Contrave (naltrexone and bupropion) to Treat Obesity

How does it work and what benefits does it have?

Contrave is a combination of naltrexone and bupropion. The brand name medication usually needs approval from the insurance company (our office will do this if it is needed). The 2 generic medications that make up Contrave can be prescribed separately to save money:

1. Bupropion (brand name Wellbutrin) is used to treat depression or to help quit smoking.
2. Naltrexone is used to help treat cravings for alcohol or opioids.

Why would you take Contrave?

- It can help you feel less hungry and have less cravings for food.
- It can help your brain to say “NO” to rewarding foods.
- It can be helpful for people with addictive behaviors related to food: out of control eating, eating after feeling full, eating in secrecy, or intense food cravings.
- It may be helpful for people who are living with depression.
- On average, people lose 5-9% of their body weight. If you weigh 300 pounds, a 5-9% loss would be 15-27 pounds. This equals a possible new weight between 273-285 pounds.
- The FDA approved this medication for weight loss in 2014.

Possible Side Effects:

- | | |
|-------------------------------|-----------------------|
| • Nausea | • Vomiting |
| • Constipation, Stomach upset | • Trouble sleeping |
| • Dry mouth | • Dizziness |
| • Worsening depression | • High blood pressure |
| • Headache | • Sweating |

Do not take this medication if you have any of the following:

- Seizures
- Going through drug or alcohol withdrawal
- Severe anxiety
- You take opioids (narcotic or pain) or methadone
- Eating disorder like anorexia or bulimia
- Uncontrollable headaches
- Liver or kidney disease
- Heart disease
- High blood pressure
- Glaucoma

How to take Contrave:

- Week 1: 1 tablet in a.m.
- Week 2: 1 tablet in a.m. and 1 tablet in p.m.
- Week 3: 2 tablets in a.m. and 1 tablet in p.m.
- Week 4 and onward: 2 tablets in a.m. and 2 tablets in p.m.

How to take generic bupropion and naltrexone, prescribed separately:

Bupropion SR (sustained release) 100mg

- Week 1: 1 tablet in a.m.
- Week 2: 1 tablet in a.m. and 1 tablet in p.m.
- Week 3: 2 tablets in a.m. and 1 tablet in p.m.
- Week 4 and onward: If you are doing well on this dose, you can take either two 100mg tablets or one 200mg tablet twice a day: a.m. and p.m.

Naltrexone 50mg tablet

- Week 1-2: ½ tablet in a.m.
- Week 3 and onward: full tablet in the a.m.

Your Responsibilities:

- **Monitor your blood pressure and heart rate** weekly for one month after starting this medication. Call our office if your blood pressure is more than 150/90 or if your heart rate is over 110. You can purchase a blood pressure cuff or use the self-check machine at your local pharmacy.
- If you experience worsening mood, unusual thoughts, or thoughts of harming yourself, please call the office or 988 (the Suicide and Crisis Lifeline).

Help for using the Contrave and frequently asked questions visit <https://contrave.com>