

Information Sheet

Contrave®



The following information is about our medical weight management program, that includes oral administration of Contrave® medication, a combination medication that has a unique, dual mode of action that helps control cravings and hunger, which can result in weight loss. The program may last anywhere between 5 weeks and 12 months, and involves two stages; losing weight and long-term maintenance.

Our medical option is available to patients who fit the following criteria:

1. Those who don't qualify for the surgical option because:
 - The risk for a general anaesthetic may be too high.
 - Their age prevents them from receiving adequate benefits after bariatric surgery.
 - Their BMI is lower than the accepted global criteria (which may result in them being underweight).
2. Those who are not 100% sure about surgery including those who first want to try another / different non-surgical option. Or those who feel surgical intervention is too radical for them.
3. Those where the surgical option may be cost-prohibitive and still want to try an alternative program to lose weight.
4. Those who may be outside the criteria for surgery at the hospital, or where their weight exceeds the maximum equipment capacity and can be supported with the non-surgical option until the parameters are met.
5. Those who do not fit the minimum age criteria and require support through non-surgical means until they reach an acceptable age for consideration of surgery.
6. Those who wish to try an anti-obesity medication but want to try an oral medication without having to administer daily self-injections.
7. The patient who has had bariatric surgery and regained some weight, and wishes to have a non-surgical option to get back to their goal weight.

Our non-surgical program involves:

- An initial consultation with our Bariatric Practitioner to explain about Contrave® (naltrexone HCl/bupropion HCl), and how it works to help you lose weight and keep it off.
- Access to the Contrave® online information website to get a full detailed information update, including how to start and titrate the dose of Contrave®, side effects and tips to manage them, ongoing maintenance and success, webinars and case studies.
- Starting with a low dose and gradually increasing the dose to the recommended maximum dose and staying on that for the duration of the treatment.

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- Setting realistic and attainable weight loss goals, with ongoing contact with the bariatric practitioner and integrated health team (nutrition, exercise, and behavioural health/psychology) to assess and monitor progress and evaluate response.
- Introduction to a lifestyle program that will assist long-term success.

Things to be aware of:

- The side effects and adverse outcomes. These may include mild effects such as headaches and dry mouth, vomiting, dizziness, and constipation. Nausea, if experienced, is mostly mild to moderate in severity and is typically transient and experienced during the dose escalation phase.
- Results will vary, and patients have a better chance of successful outcomes if Contrave® is used in conjunction with both an exercise program and a balanced eating plan which follows the appropriate advice and guidelines provided. For optimal results it is recommended that patients do at least 150mins per week of exercise.
- If further follow-up is required or requested with the members of the team (nutrition, exercise and behavioural health/psychology), these will be made available as a fee for service.
- Contrave is a non-funded prescription medication and therefore can be costly. We suggest patients obtain this through The Chemist Warehouse as it is cheaper than standard pharmacies, however patients can still expect to pay on average \$240 - 250 per month, depending on the dose being used.
- If you take a urine drug screening test, CONTRAVE may make the test result positive for amphetamines. If you tell the person giving you the drug screening test that you are taking CONTRAVE, they can do a more specific drug screening test that should not have this problem.

We look forward to covering more about the medical weight loss program when we see you for your consultation.

Kindest Regards,
Tailor Clinics