slim tlc™

Initial Patient Packet

Name _____ **Today's Date** _____ **Goal Weight** _____

Welcome to SLIM TLC! Whether you are ready to try something completely new or already have a dietary preference, SLIM TLC will help you reach your goals for long-term health and weight loss. We look forward to partnering with you and your health care provider to help you do so. If your doctor is not familiar with SLIM TLC, please refer him or her to the Providers page at www.slimtlc.com. There he or she can request a **SLIM TLC Provider Packet**, which outlines step-by-step instructions for program implementation. If he or she is not yet familiar with or comfortable facilitating the program, consider joining SLIM TLC Online on your own (or with a friend). You may use the SLIM TLC Food & Exercise Log below to help you learn more about changes you may need to make in your eating habits.

Please indicate for your doctor:

- ☐ I do not have a specific dietary preference
- ☐ I have the following dietary preference (e.g., vegetarian, South Beach, Paleo):
  _____
- ☐ I would like to consider a phentermine prescription (prescribed the SLIM TLC way – this is optional, and your doctor may not be willing to provide this). If you choose this option, please review the SLIM TLC Contract below (but do not sign it) prior to your visit.

To Do:

- ☐ Set up an appointment with your doctor, and starting exactly one week before your visit, faithfully keep the SLIM TLC Food & Exercise Log *(make or print a copy for each day of the week)*. Write down everything you consume, log any exercise you do, and record your weight daily.
- ☐ Take this packet with you to your first visit.

SLIM TLC Food & Exercise Log

Date:		**Day:**	
Primarily Plant-Based Food/Drink (include water and other no- or low calorie items)	**Quantity**	**Everything Else (including all meats, dairy, sweets and other processed items)**	**Quantity**
Exercise Type:		**Exercise Minutes:** (Goal ≥15 min./day)	**Weight:** (for now, check daily)

If you desire a SLIM prescription of phentermine, your next step is to read through the following contract. *At your office visit*, sign and date it in front of one of the office staff, and have that person sign the witness line. Your provider should keep a copy of this in his or her file.

SLIM TLC Contract

SLIM TLC and Phentermine

The goal of SLIM TLC is to provide you with *long-term* health and weight loss success. This cannot be accomplished unless you become completely self-sufficient by making long-term lifestyle changes. We will help you learn how to do so, but the changes must be made in a framework that is both livable and acceptable to you, to the point that you develop new habits and a new way of life. Phentermine, if prescribed, is only a temporary means to that end, and must be seen as such – otherwise, like other efforts you may have made in the past, your success will only be temporary.

Before taking phentermine, it is important that you become fully aware of the potential harms associated with its use. It is a stimulant medicine, and although it is FDA-approved as an appetite suppressant, it is only approved for short-term use – not only because it is potentially addicting, but it also has the potential for several different side effects, e.g., dry mouth, high blood pressure, insomnia, rapid heart rate, tremor, dizziness, irritability, headache, and stomach upset. It is contraindicated in agitated states, high blood pressure, hyperthyroidism, glaucoma, significant heart disease, and a history of drug abuse. The SLIM (**S**hort-term, **L**ow-dose, **I**ntermittent, **M**id-day) method of prescribing phentermine significantly reduces these potential dangers, but you must still be vigilant.

Prescriptions for phentermine are written for 20 (18.75 mg) doses in the form of 10 (37.5 mg) scored tablets. A maximum of 10 tablets will be given per month. You should only take a ***maximum of a ½ tablet each day***. Phentermine should be taken on an empty stomach, either 15-30 minutes prior to lunch or two hours afterwards. The later you take it in the day, the greater chance for insomnia; however, if it causes insomnia, that is usually a temporary side effect. Do not share this medicine with anyone else, nor seek prescriptions from other providers. Many a patient has "lost" a prescription for a controlled substance or had it "stolen." Due to the controlled nature and other potential problems associated with the use of this medicine, lost or stolen prescriptions will not be refilled. Please care for your prescription accordingly.

The Next Step

At the end of your first SLIM TLC visit, make an appointment for a two-week follow-up visit. At this visit, your doctor will review your medication use and your 2-week *SLIM TLC Progress Report*, which you should start immediately. This Progress Report is part of the **SLIM TLC Program Materials** available upon registration for SLIM TLC Online. The long-term effectiveness of SLIM TLC hinges on these materials (including the SLIM TLC Map) and our online TLC University. In order to keep receiving prescriptions, you must follow the SLIM TLC Map diligently and show evidence of "attending" TLC University (by taking the brief quizzes).

By signing below, I attest that I understand and agree to the above principles and guidelines.

_____/_____ _____/_____

Patient Signature Date Witness Signature Date