

Your doctor has prescribed Contrave for you.



Visit the Experience Contrave Program at ExperienceContrave.ca to help you get started on Contrave.



Your first month's supply of Contrave at no charge (70 tablets)



FREE enrolment in the Contrave Support Program



Financial assistance covers up to **25%** of total prescription costs



1:1 nurse onboarding services



RxFood APP

*"I find the support program very reassuring. It's like having someone next to you as you go through this process."**

* Adapted from an actual patient. May not be representative of all patient experiences.

Visit. Enrol. Access support.

As easy as 1-2-3 →



Visit ExperienceContrave.ca



Enrol for your first month's supply of Contrave with or without the Contrave Support Program



Receive your Contrave Support Program Card via email and visit any pharmacy with your card and prescription to pick up your Contrave

Contrave is a prescription medicine 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, or a high amount of lipids [cholesterol or other types of fat] in the blood).

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

Take Contrave exactly as your Healthcare Professional (HCP) tells you to. Please refer to the Patient Medication Information insert in your product package for important safety information.

How do I take Contrave?

The table below explains how your daily 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 do 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	● ●	● ●

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. Always take Contrave as directed by your HCP.

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
- **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

- Use Contrave with a reduced-calorie diet and increased physical activity
- Take Contrave exactly as your HCP tells you to
 - Your HCP should tell you to stop taking Contrave if you have not lost a certain amount of weight after 16 weeks of treatment
- Your HCP will monitor:
 - your blood pressure and heart rate before you take Contrave and during your treatment. They will also monitor you for side effects if you have kidney or liver problems
 - your blood sugar and red blood cell levels before and during your treatment with Contrave, especially if you have type 2 diabetes
 - any emotional and behavioural changes for the first few months after you start your treatment, and when your dose changes. This can include the feelings of depression, anxiety, agitation, irritability, behavioural changes, or suicidal thoughts and behaviour

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 can accidentally overdose in two ways:

- Naltrexone blocks the effects of opioids. Because of this, do not take large amounts of opioids to try to overcome the opioid-blocking effects of naltrexone. It can lead to serious injury, coma, or death.
- After you take naltrexone, its blocking effect slowly decreases and goes away over time. If you have used opioid street drugs or opioid-containing medicines in the past, using opioids in amounts that you used before treatment with Contrave can lead to overdose and death. You may also be more sensitive to the effects of lower amounts of opioids:
 - after you have gone through detoxification
 - when your next dose of Contrave is due
 - if you miss a dose of Contrave
 - after you stop Contrave treatment

If you take a urine drug screening test, Contrave may give a positive test result for amphetamines. Tell the laboratory technician that you are taking Contrave.

Therefore, it is important that you tell your family and the people closest to you of this risk.



For more information,
call 1-855-CNTRAVE
(1-855-268-7283)
from 8 a.m. to 8 p.m.,
Monday-Friday EST.

Enrol today at
ExperienceContrave.ca!

