Naltrexone/Bupropion SR (Contrave)\(^1\,^2\)

**Mechanism of action:** Sustained release combination of an opioid receptor antagonist and a catecholamine reuptake inhibitor thought to synergistically lead to improved energy expenditure and reduced appetite.

**Dose:** 8 mg naltrexone/90 mg Bupropion SR. Max dose 32 naltrexone/360 mg bupropion SR daily. Requires a titration schedule. Side effects may be experienced immediately. May take 2-4 weeks to reach full therapeutic potential.

**Titration Schedule:**

<table>
<thead>
<tr>
<th></th>
<th>Morning dose</th>
<th>Evening dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>8mg naltrexone/90 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bupropion SR tablets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 1</td>
<td>1 tablet</td>
<td>none</td>
</tr>
<tr>
<td>Week 2</td>
<td>1 tablet</td>
<td>1 tablet</td>
</tr>
<tr>
<td>Week 3</td>
<td>2 tablets</td>
<td>1 tablet</td>
</tr>
<tr>
<td>Week 4 and continue</td>
<td>2 tablets</td>
<td>2 tablets</td>
</tr>
</tbody>
</table>

**Indications:** FDA approved in the 2014 for the long-term treatment of obesity.

**Controlled substance:** not a controlled substance

**Drug Interactions:** CNS stimulants; alcohol; tricyclic, SSRI and SNRI antidepressants; opioids; MAO inhibitors

**Side effects:** headache, dizziness, nausea, vomiting, dry mouth, constipation, diarrhea, anxiety

**Contraindications:** Pregnancy (category X, ensure contraception practices in women of childbearing years), breastfeeding, uncontrolled hypertension; anorexia or bulimia, drug or alcohol withdrawal, chronic opioid use, use of MAO inhibitor within 14 days, suicidal behavior or ideation, seizure disorder, narrow angle glaucoma

**Clinical Pearls:**

- Monitor blood pressure, heart rate, blood glucose, renal and liver function
- Monitor mental status for depression, suicidal ideation, anxiety, social functioning, mania and panic attack
- Bupropion may lower the seizure threshold, monitor for seizure
- The side effects (anxiety, nausea, vomiting) may be controlled by slowing the upward titration of the drug
- Patients may do well on lower doses of the medication
- May consider patient a non-responder if <5% weight loss at 3 months

Please refer to the official prescribing information for each product for approved indications, contraindications, and warnings. Clinicians should appraise the information presented critically and are encouraged to consult appropriate resources for any updated information.

\(^1\) https://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=ed2da3a6-0614-4bea-8e82-962cbb4ae6428


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