

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:

8mg naltrexone/90 mg Bupropion SR tablets	Morning dose	Evening dose
Week 1	1 tablet	none
Week 2	1 tablet	1 tablet
Week 3	2 tablets	1 tablet
Week 4 and continue	2 tablets	2 tablets

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-8e82-962cbaae6428>

² Garvey WT, Mechanick JI, Brett EM, et al. American Association of Clinical Endocrinologists and American College of Endocrinology Comprehensive Clinical Practice Guidelines for Medical Care of Patients with Obesity. *Endocr Pract.* 2016;22 Suppl 3:1-203.