

PATIENT INFORMATION LEAFLET

MEDICINE TO TREAT DEPRESSION

ABOUT your medicine

Your doctor has prescribed for you:

Medicine	How does My Medicine Work?
Tricyclic antidepressants (TCAs), e.g.: Amitriptyline Clomipramine Dothiepin Imipramine Nortriptyline	Helps to reduce symptoms of depression by increasing the level and transmission of the neurotransmitter noradrenaline in the brain. Other than depression, the doctor might prescribe the medicines listed for other medical conditions, e.g. for nerve pain and nocturia (amitriptyline, nortriptyline).
Reversible monoamine-oxidase inhibitors (MAOIs), e.g. Moclobemide	Helps to reduce symptoms of depression by increasing the level and transmission of the neurotransmitter noradrenaline in the brain.
Selective serotonin re-uptake inhibitors (SSRIs), e.g. Fluoxetine Fluvoxamine Citalopram Sertraline Paroxetine	Helps to reduce symptoms of depression by increasing the level and transmission of the neurotransmitter serotonin in the brain. Other than depression, the doctor could also prescribe the medicines listed for other medical conditions, e.g. for panic and anxiety disorders.
Other antidepressants: e.g. Mirtazapine Venlafaxine	Helps to reduce symptoms of depression by increasing the level and transmission of the neurotransmitters noradrenaline and serotonin in the brain.

Keep all medications out of reach of children

Discard all medication that has expired or is no longer required

HOW should I take the medicine?

Your doctor will tell you how much of the medicine to take and how often. Do not take more medicine or take it more often than your doctor tells you to. You may take the medicine with or without food. Take your medicine at the same time each day.

You may need to take the medicine for up to several weeks before you start feeling better. Do not stop taking the medicine suddenly without asking your doctor.

What should I do if **I FORGET** a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not use extra medicine to make up for a missed dose.

What **PRECAUTIONS** should I take?

Before taking your medicine, inform your doctor if:

- You are allergic to this medicine or any other medicine
- You are currently taking any other medicines
- You have any medical conditions such as blood pressure problems, diabetes, glaucoma, heart condition, history of epilepsy, kidney or liver problems
- You are pregnant or planning to get pregnant or are breastfeeding

It is very important to inform your **doctor if you have recently stopped taking antidepressants (within 2 weeks)** are currently taking any antidepressants before the doctor starts you on a new or second antidepressant. Check with the doctor if you need to stop the old medicine and when you could start taking the new medicine.

If you are taking moclobemide, avoid consuming large amounts of tyramine-rich food (e.g. mature cheese, yeast extracts and fermented soya bean products) and inform the doctor or the pharmacist before you buy over the counter medicines (that contains ephedrine, pseudoephedrine) for cold or blocked nose.

How should **I STORE** the medicine?

Store in a cool, dry place. Protect from moisture, heat and direct sunlight.

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What are the possible **SIDE-EFFECTS** of the medicine?

Medicine	See your doctor right away if you have any of these side effects:	If you have problems with these less serious side effects, talk with your doctor.
TCAs, e.g. Amineptine Amitriptyline Clomipramine Dothiepin Imipramine Nortriptyline	<ul style="list-style-type: none"> • Confusion, agitation, hallucinations • Fainting, fits or convulsions • Fast or irregular heartbeat • Muscle stiffness • Skin rash or hives 	<ul style="list-style-type: none"> • Blurred vision • Constipation • Drowsiness/dizziness • Dry mouth, nausea, or weight changes • Loss of interest in sex • Sensitivity to sunlight • Difficulty in urination
Reversible MAOIs, e.g. Moclobemide	<ul style="list-style-type: none"> • Confusion, agitation, hallucinations • Fast or irregular heartbeat • Muscle stiffness • Skin rash or hives 	<ul style="list-style-type: none"> • Dry mouth, nausea • Headache/dizziness • Constipation • Blurred vision
SSRIs, e.g. Fluoxetine Fluvoxamine Citalopram Sertraline Paroxetine	<ul style="list-style-type: none"> • Skin rash or hives • Confusion, extreme weakness, muscles twitching 	<ul style="list-style-type: none"> • Nausea • Changes in appetite with weight gain or loss • Decreased interest in sex • Trouble sleeping
Mirtazapine	<ul style="list-style-type: none"> • Flu-like symptoms (fever, chills, sore throat) & mouth sores 	<ul style="list-style-type: none"> • Increased appetite, weight gain • Sleepiness
Venlafaxine	<ul style="list-style-type: none"> • Fits or convulsions • Unusual behavior 	<ul style="list-style-type: none"> • Constipation, dry mouth, or sweating • Drowsiness, tiredness • Dizziness • Nausea or vomiting

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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing and subject to revision without prior notice.

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