

Patient Education

CITALOPRAM - ORAL

IMPORTANT NOTE: The following information is intended to supplement, not substitute for, the expertise and judgment of your physician, pharmacist or other healthcare professional. It should not be construed to indicate that use of the drug is safe, appropriate, or effective for you. Consult your healthcare professional before using this drug.

CITALOPRAM - ORAL

(syeh-TAL-oh-pram)

COMMON BRAND NAME(S): Celexa

USES:

Citalopram is an antidepressant (selective serotonin reuptake inhibitor or SSRI) used in the treatment of depression. It works by restoring the balance of natural chemicals (neurotransmitters) in the brain, thereby improving mood and feelings of well-being.

OTHER USES:

This drug is also used to treat eating disorders (anorexia nervosa, bulimia nervosa) and other mental conditions (obsessive-compulsive disorder, panic disorder).

HOW TO USE:

Take this medication once daily, in the morning or evening, with or without food; or as directed by your doctor. Dosage is based on your medical condition and response to therapy. Use this medication regularly in order to get the most benefit from it. Remember to use it at the same time each day.

Take this medication as prescribed even if you feel well. Do not stop taking it without consulting your doctor. Your dose may need to be gradually decreased. You may experience side effects if the drug is abruptly stopped.

It may take up to 4 weeks before the full benefit of this drug takes effect.

SIDE EFFECTS:

Nausea, vomiting, lack of appetite, diarrhea, drowsiness, dizziness, trouble sleeping, dry mouth, muscle/joint pain, fatigue, or yawning may occur. If any of these effects persist or worsen, notify your doctor or pharmacist promptly.

Tell your doctor immediately if any of these serious side effects occur: changes in sexual ability/desire, increased sweating, persistent nausea/vomiting, uncontrolled movements (tremor), unusual or severe mental/mood changes, weight changes.

Tell your doctor immediately if any of these unlikely but serious side effects occur: black stools, change in frequency of menstrual periods, "coffee-ground" vomit, confusion, easy bruising/bleeding, fast heartbeats, seizures, vision problems.

Males: In the unlikely event you have a painful, prolonged erection (lasting more than 4 hours), stop using this drug and seek immediate medical attention or permanent problems could occur.

A serious allergic reaction to this drug is unlikely, but seek immediate medical attention if it occurs. Symptoms of a serious allergic reaction include: rash, itching, swelling, severe dizziness, trouble breathing.

If you notice other effects not listed above, contact your doctor or pharmacist.

PRECAUTIONS:

Before taking citalopram, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies.

Before using this medication, tell your doctor or pharmacist your medical history, especially of: heart problems (e.g., unstable heart disease, recent heart attack), high or low blood pressure, liver disease, other mental/mood disorders (e.g., bipolar disorder), seizures, severe kidney disease, stomach bleeding, thyroid problems, untreated mineral imbalance (e.g., hyponatremia).

This drug may make you dizzy or drowsy; use caution engaging in activities requiring alertness such as driving or using machinery. Avoid alcoholic beverages.

Though uncommon, depression can lead to thoughts or attempts of suicide. Tell your doctor immediately if you have any suicidal thoughts, worsening depression, or any other mental/mood changes (including new or worsening anxiety, agitation, panic attacks, trouble sleeping, irritability, hostile/angry feelings, impulsive actions, severe restlessness, rapid speech). Keep all medical appointments so your healthcare professional can monitor your progress closely and adjust/change your medication if needed.

Caution is advised when using this drug in the elderly because they may be more sensitive to its effects. The elderly are more likely to develop a type of mineral imbalance (hyponatremia), especially if they are also taking "water pills" or diuretics with this medication.

This medication should be used only when clearly needed during pregnancy. Discuss the risks and benefits with your doctor.

If this medication is used during the last 3 months of pregnancy, infrequently your newborn may develop symptoms including feeding or breathing difficulties, seizures, muscle stiffness, jitteriness or constant crying. However, do not stop taking this medication unless your doctor directs you to do so. Report any such symptoms to your doctor promptly.

This medication passes into breast milk and may have undesirable effects on a nursing infant. Breast-feeding is not recommended while using this drug. Consult your doctor before breast-feeding.

DRUG INTERACTIONS:

Certain medications taken with this product could result in serious, even fatal, drug interactions. Avoid taking MAO inhibitors (e.g., furazolidone, isocarboxazid, linezolid, moclobemide, phenelzine, procarbazine, selegiline, tranylcypromine) within 2 weeks before or after treatment with this medication.

This drug should not be used with the following medications because very serious interactions may occur: weight loss drugs (e.g., sibutramine, phentermine).

If you are currently using any of these medications, tell your doctor or pharmacist before starting citalopram.

Before using this medication, tell your doctor or pharmacist of all prescription and nonprescription/herbal products you may use, especially of: other antidepressants (e.g., nefazodone, trazodone, venlafaxine), carbamazepine, cimetidine, other drugs which can cause bleeding/bruising (e.g., thrombolytic drugs such as TPA, anticoagulants such as heparin or warfarin, antiplatelet drugs including NSAIDs such as ibuprofen), herbal/natural products (e.g., melatonin, St John's wort, ayahuasca), lithium, other SSRI antidepressants (e.g. fluoxetine, sertraline), tramadol, triptan migraine drugs (e.g. sumatriptan, almotriptan), tricyclic antidepressants (e.g. amitriptyline, imipramine).

Tell your doctor or pharmacist if you also take drugs that cause drowsiness, such as antihistamines that cause drowsiness (e.g., diphenhydramine), anti-anxiety drugs (e.g., diazepam), medicine for sleep (e.g., sedatives), muscle relaxants, narcotic pain relievers (e.g., codeine), or psychiatric medicines (e.g., chlorpromazine, thioridazine).

Check the labels on all your medicines (e.g., cough-and-cold products) because they may contain drowsiness-causing ingredients. Ask your pharmacist about the safe use of those products.

Low-dose aspirin (usually 81-325 mg per day) for heart attack or stroke prevention should be continued unless otherwise directed by your doctor. Aspirin is similar to NSAID drugs, and can increase the risk of bleeding in combination with this medication (see above). Discuss the risks and benefits with your doctor.

Check all prescription and nonprescription medicine labels carefully since many contain pain relievers/fever reducers (NSAIDs such as aspirin or naproxen) which may increase the risk of side effects.

Do not start or stop any medicine without doctor or pharmacist approval.

OVERDOSE:

If overdose is suspected, contact your local poison control center or emergency room immediately. US residents can call the US national poison hotline at 1-800-222-1222. Canadian residents should call their local poison control center directly. Symptoms of overdose may include severe dizziness, unusual sweating, persistent nausea/vomiting, severe drowsiness, or fast heartbeat.

NOTES:

Do not share this medication with others.

Laboratory and/or medical tests should be performed periodically to monitor your progress or check for side effects. Consult your doctor for more details.

MISSED DOSE:

If you miss a dose, use it as soon as you remember. If it is near the time of the next dose, skip the missed dose and resume your usual dosing schedule. Do not double the dose to catch up.

STORAGE:

Store the US product at room temperature at 77 degrees F (25 degrees C), away from light and moisture. Brief storage between 59-86 degrees F (15-30 degrees C) is permitted. Do not store in the bathroom.

Store the Canadian product at room temperature between 59-86 degrees F (15-30 degrees C) away from light and moisture. Do not store in the bathroom.

Keep all medicines away from children and pets.

MEDICAL ALERT: Your condition can cause complications in a medical emergency. For enrollment information call MedicAlert at 1-800-854-1166 (USA) or 1-800-668-1507 (Canada).