

# Palmetto State Pharmaceuticals

---

## *Patient Drug Education*

---

---

### **CITALOPRAM HBR 20 MG TABLET**

---

#### **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.

#### **HOW TO TAKE THIS MEDICATION:**

**HOW TO USE:** Read the Medication Guide provided by your pharmacist before you start using citalopram and each time you get a refill. If you have any questions regarding the information, consult your doctor or pharmacist. 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. Inform your doctor if your condition does not improve or worsens.

#### **SIDE EFFECTS:**

See also the Warning section. 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. Remember that your doctor has prescribed this medication because the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. 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. For males, in the very unlikely event you have a painful or prolonged erection lasting 4 or more 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: history or family history of psychiatric disorders (e.g., bipolar/manic-depressive disorder), history or family history of suicide attempts, heart problems (e.g., unstable heart disease, recent heart attack), high or low blood pressure, liver disease, 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. 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 is not recommended for use during pregnancy. It may harm an unborn baby. Also, babies born to mothers who have used this drug during the last 3 months of pregnancy may infrequently develop withdrawal symptoms such as feeding/breathing difficulties, seizures, muscle stiffness, or constant crying. If you notice any of these symptoms in your newborn, tell the doctor promptly. Since untreated depression can be a serious condition, do not stop taking this medication unless directed by your doctor. If you are planning pregnancy, become pregnant, or think you may be pregnant, immediately discuss the benefits and risks of using this medication during pregnancy with your doctor. 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)

# Palmetto State Pharmaceuticals

which may increase the risk of side effects. Do not start or stop any medicine without doctor or pharmacist approval.

## **NOTES:**

Do not share this medication with others. Psychiatric/medical checkups (and possibly laboratory tests) must be done periodically to monitor your progress and 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.