

# CIRAM TABLET 20MG

Citalopram 20mg

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## What Ciram Tablet 20mg is used for

Ciram contains citalopram and is used for the treatment of depression and when you feel better, to help prevent these symptoms recurring. Ciram is also used for long-term treatment to prevent the occurrence of new episodes of depression if you have recurrent depression.

Ciram is also beneficial in relieving symptoms if you tend to suffer from panic attacks.

Ciram is also used to treat obsessive-compulsive disorder (OCD). OCD is a mental health condition where a person has obsessive thoughts and compulsive behaviour. An obsession is an unwanted, unpleasant thought, image or urge that repeatedly enters a person's mind, causing them anxiety.

## How Ciram Tablet 20mg works

Ciram is a Selective Serotonin Reuptake Inhibitor (SSRI) and belongs to a group of medicines known as antidepressants. These medicines help to correct certain chemical imbalances in the brain that are causing the symptoms of your illness.

## Before you use Ciram Tablet 20mg

### When you must not take it

- if you are allergic (hypersensitive) to citalopram or to any of the other ingredients of Ciram Consult your doctor if you think you might be.
- at the same time as taking medication known as monoamine oxidase inhibitors (MAOIs). MAOIs include medicines such as moclobemide (used for the treatment of depression), and selegiline (used in the treatment of Parkinson's disease). One day must elapse after you have finished taking moclobemide. After stopping Ciram you must allow 14 days before taking any MAOI.

### Before you start to take it

Please tell your doctor if you have any medical problems, especially if you have:

- Liver disease.
- Kidney disease.
- Diabetes (you may need an adjustment of your antidiabetic therapy).
- Epilepsy or a history of seizures or fits.
- A bleeding disorder or have ever suffered from bleeding in the stomach or intestine.
- Mania or panic disorder
- Low blood levels of sodium
- ECT (electroconvulsive therapy)

Please consult your doctor, even if these statements were applicable to you at any time in the past.

Some patients with manic-depressive illness may enter into a manic phase. This is characterized by unusual and rapidly changing ideas, inappropriate happiness and excessive physical activity. If you experience this, contact your doctor.

Symptoms such as restlessness or difficulty in sitting or standing still can also occur during the first weeks of the treatment. Tell your doctor immediately if you experience these symptoms.

### Special information relating to your disease

As with other medicines used to treat depression or related diseases, the improvement is not achieved immediately. After the start of Ciram treatment it may take several weeks before you experience any improvement. In the beginning of the treatment certain patients may experience increased anxiety, which will disappear during continued treatment. Therefore, it is very important that you follow exactly your doctor's orders and do not stop the treatment or change the dose without consulting your doctor.

Thoughts of suicide and worsening of your depression or anxiety disorder

If you are depressed and/or have anxiety disorders you can sometimes have thoughts of harming or killing yourself. These may be increased when first starting antidepressants, since these medicines all take time to work, usually about two weeks but sometimes longer.

You may be more likely to think like this:

- If you have previously had thoughts about killing or harming yourself.
- If you are a young adult.

If you have thoughts of harming or killing yourself at any time, contact your doctor or go to a hospital straight away.

You may find it helpful to tell a relative or close friend that you are depressed or have an anxiety disorder, and ask them to read this leaflet. You might ask them to tell you if they think you

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depression or anxiety is getting worse, or if they are worried about changes in your behaviour.

## Use in children and adolescents under 18 years of age

Ciram should normally not be used for children and adolescents under 18 years.

## Pregnancy

Ask your doctor or pharmacist for advice before taking any medicine. If you are pregnant, think you might be pregnant, or are trying to become pregnant, tell your doctor. Do not take Ciram if you are pregnant unless you and your doctor have discussed the risks and benefits involved.

Make sure your midwife and/or doctor know you are on Ciram. When taken during pregnancy, particularly in the last 3 months of pregnancy, medicines like Ciram may increase the risk of a serious condition in babies. Also, if you take Ciram during the last 3 months of your pregnancy and until the date of birth you should be aware that the following effects may be seen in your newborn: fits, being too hot or cold, feeding difficulties, vomiting, low blood sugar, stiff or floppy muscles, overactive reflexes, tremor, jitteriness, irritability, constant crying, or sleeping difficulties. If your newborn baby gets any of these symptoms please contact your midwife and/or doctor immediately.

## Breast-feeding

Ask your doctor or pharmacist for advice before taking any medicine.

If you are breast-feeding, ask your doctor for advice. You should not breast-feed your baby when taking Ciram because small amounts of the medicine can pass into the breast milk.

## Driving and using machines

Ciram does not usually affect the ability to carry out normal daily activities. However, if you feel dizzy or sleepy when you start to take this medicine, you should be careful when driving, operating machinery or performing jobs that need you to be alert until these effects wear off.

## Taking other medicines

- Some medicines may affect the action of other medicines and this can sometimes cause serious adverse reactions. Please tell your doctor or pharmacist if you are taking or have taken any other medicines (including those purchased without prescription) during the last 14 days. This includes other medicines for depression.
- The herbal remedy St John's wort (*Hypericum perforatum*). This should not be taken at the same time as Ciram.
- Monoamine oxidase inhibitors (MAOIs). These should not be taken at the same time as Ciram.

Tell your doctor if you are taking any of the following medicines:

- Sumatriptan (used to treat migraine) or tramadol (a pain killer). If you feel unwell when using these medicines with Ciram you should see your doctor.
- Lithium (used to prevent and treat mania).
- Imipramine (used to treat depression).
- Medicines containing selegiline (used to treat Parkinson's disease)
- Cimetidine (used to treat stomach ulcers).
- Medicines known to affect the blood platelets (e.g. anticoagulant drugs used to treat or prevent blood clots; aspirin and non-steroidal anti-inflammatory drugs

(NSAIDs) such as ibuprofen and diclofenac used as painkillers and some antipsychotic drugs and tricyclic antidepressants).

- Metoprolol, a beta blocker used to treat migraine, some heart conditions and high blood pressure. The effects of either drug could be increased, decreased or altered.

## **How to take Ciram Tablet 20mg**

### How much to take

Ciram can be taken with or without food.

It is important to take your tablets as instructed by your doctor.

The label will tell you how many to take and how often. If it does not, or you are not sure, ask your doctor or pharmacist.

## Adults

### Depression

The usual dose is 20 mg per day. This may be increased by your doctor to a maximum of 60 mg per day.

### Panic disorder

The starting dose is 10 mg per day for the first week before increasing the dose to 20 mg per day. The dose may be increased by your doctor to a maximum of 60 mg per day.

### Obsessive Compulsive disorder

The usual dose is 20 mg per day. This may be increased by your doctor to a maximum of 60 mg per day.

### Elderly patients (above 65 years of age)

The usual dose is 20 mg per day. This may be increased by your doctor to a maximum of 40 mg per day.

### Children and adolescents (< 18 years)

Ciram should not be given to children or adolescents.

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## Patients with special risks

Patients with liver problems should not receive more than 30 mg per day.

## When to take it

Ciram is taken every day as a single daily dose. Ciram can be taken any time of the day with or without food. Swallow the tablets with a drink of water.

## How long to take it

Like other medicines for depression and panic disorder these tablets may take a few weeks before you feel any improvement. Continue to take Ciram even if it takes some time before you feel any improvement in your condition.

The duration of treatment is individual, usually at least 6 months. Continue to take the tablets for as long as your doctor recommends. Do not stop taking them even if you begin to feel better, unless you are told to do so by your doctor. The underlying illness may persist for a long time and if you stop your treatment too soon your symptoms may return.

Patients who have recurrent depression benefit from continued treatment, sometimes for several years, to prevent the occurrence of new depressive episodes.

Never change the dose of the medicine without talking to your doctor first.

## If you forget to take it

If you forget to take a dose, take the next dose at the usual time. Do not take a double dose.

## If you take too much (overdose)

If you think that you or anyone else may have taken too many Ciram tablets contact your doctor or nearest hospital emergency department immediately. Do this even if there are no signs of discomfort

or poisoning. Take the Ciram box/container with you if you go to a doctor or hospital. Some of the signs of an overdose could be life-threatening.

Symptoms of overdose may include:

- Changes in heart rhythm
- Feeling sick (nausea)
- Vomiting
- Drowsiness
- Unconsciousness
- Fast heart beats
- Tremor
- Dizziness

## **While you are using Ciram Tablet 20mg**

### Things you must do

Always take Ciram exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

### Things you must not do

As with all antidepressants, it is sensible to avoid drinking alcohol whilst receiving treatment although Ciram has not been shown to increase the effects of alcohol.

### Things to be careful of

This product contains lactose.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. Stopping this medicine quickly may cause symptoms such as dizziness and numbness or tingling in hands or feet, sleep disturbances (inability to sleep), feeling anxious, headaches, feeling or being sick, feeling restless or agitated, and feeling confused or disorientated, feeling emotional or irritable. These are usually non-serious and disappear within a few days. When you have completed your course of treatment, the dose of Ciram is usually reduced gradually over a couple of weeks.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

## **Side Effects**

Like all medicines, Ciram can have side effects and some people may experience unwanted effects (side effects) whilst taking Ciram. Several of the effects listed below can also be symptoms of your illness and may disappear as you start to get better.

The following side effects are often mild and usually disappear after a few days' treatment.

- Poor food absorption or nutritional imbalance
- Low blood sodium (especially in elderly women)
- Endocrine disorders; pertaining to hormones and the glands that make and secrete them into the bloodstream
- inability to produce dilute urine and imbalance of fluids and electrolytes in the body (especially in elderly women)
- Immune system disorders
- Nerve problems
- Seizures and hypersensitivity reactions
- Feeling sick
- dizziness, nausea and tingling 'pins and needles' sensation
- Skin disorders
- Bruising easily
- Convulsions
- Involuntary movements
- Discolouration of skin due to bleeding

Any side effects that do occur will usually disappear after a few days. If they are troublesome or persistent, or if you develop any other unusual side effects while taking Ciram, please tell your doctor.

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If you notice any other side effects not mentioned in this leaflet please tell your doctor or pharmacist.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [portal.bpfk.gov.my](http://portal.bpfk.gov.my) (Consumers → Reporting).

## Storage and Disposal of Ciram Tablet 20mg

### Storage

Store below 30°C.

### Disposal

Do not use after the expiry date stated on the label.

Take any unused tablets back to your pharmacist to be destroyed. Only keep the tablets if the doctor tells you to. Do not throw them away with your normal household water or waste. This will help to protect the environment.

## Product Description

### What it looks like

Citalopram 20 mg tablets are white to off white, oval, biconvex, film coated tablets with '20' embossed on one and 'BL' embossed on the other side

### Ingredients

#### Active Ingredient

Each Ciram film-coated tablets contain 20 mg citalopram.

#### Inactive ingredients

Lactose monohydrate, maize starch, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, Hypromellose, Titanium dioxide, purified talc and macrogol 400.

### MAL No.

MAL11120004AC

### **Manufacturer**

#### **IPCA Laboratories Ltd**

Plot No 255/1, Athal, Silvassa  
Dadra and Nagar Haveli,  
396230 India.

### **Product Registration Holder**

#### **Actavis Sdn Bhd**

Unit 304, Level 3, Uptown 2,  
2 Jalan SS21/37, Damansara  
Uptown, 47400 Petaling Jaya,  
Selangor Darul Ehsan, Malaysia

### **Date of Revision**

09-07-2014