

PMS-CITALOPRAM TABLET

Citalopram (20mg)

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What pms-Citalopram is used for

pms-Citalopram has been prescribed to you by your doctor to relieve your symptoms of depression. pms-Citalopram is also used for long-term treatment to prevent the occurrence of new episodes of depression if you have recurrent depression. pms-Citalopram is also beneficial in relieving symptoms of panic attacks and obsessive-compulsive disorder (OCD; Persistent, obsessive thoughts [obsessions] that lead to uncontrollable, repetitive behaviour [compulsions]).

How pms-Citalopram works

pms-Citalopram belongs to a group of antidepressants called Selective Serotonin Reuptake Inhibitors (SSRIs). These medicines help to correct certain chemical imbalances in the brain that are causing the symptoms of your illness.

Before you use pms-Citalopram

- When you must not use it

Do not take pms-Citalopram tablets if you are:

- allergic (hypersensitive) to citalopram or any of the other ingredients of pms-Citalopram tablet (*see ingredient list*)
- taking medication known as monoamine oxidase inhibitors (MAOIs)

If you have one of these conditions, do not take this medicine and inform your doctor.

Taking pms-Citalopram with MAOIs may cause a serious reaction with features resembling "serotonin syndrome". These symptoms include extremely high fever, muscle stiffness, rapid heartbeat, confusion, extreme restlessness and coma. Your doctor will know when it is safe to start pms-Citalopram after the MAOI has been stopped, or to start another MAOI after discontinuing pms-Citalopram treatment.

- Before you start to use it

Inform your doctor if you have any of the following conditions:

- liver disease
- kidney disease
- heart disease
- diabetes
- epilepsy or fits
- bleeding disorders or have ever suffered from bleeding in the stomach or intestine.
- Mania (feeling elated or over-excited, which causes unusual behaviour) or panic disorder

- Electroconvulsive therapy (ECT), usually used to treat severe depression.
- Inform your doctor if you are pregnant or breast-feeding, or planning to become pregnant or breast-feed. Do not take pms-Citalopram, unless you and your doctor have discussed the risks and benefits involved.

- Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken other medicines, including medicines obtained without a prescription. If you are taking any of the medications below, please inform your doctor:

- Sumatriptan, lithium, imipramine and desipramine, medicines containing selegiline, cimetidine, aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and diclofenac, metoprolol, tramadol, bupropion, phenothiazine derivatives, tricyclic antidepressants (TCAs), certain antibiotics.
- Any natural or herbal products containing St. John's Wort (*Hypericum perforatum*)

How to use pms-Citalopram

- How much to use

Usually your doctor will prescribe 20mg per day (for depression or OCD) or 10mg per day (for panic attacks), which you will take once daily preferably at the same time each day. Depending on your response, this dose may be increased if

necessary to a maximum of 60mg daily.

If you are elderly or if you have liver problems, your doctor may prescribe a lower dose.

pms-Citalopram should not be given to children or adolescents (<18 years).

- When to use it

It is important that you take pms-Citalopram exactly as your doctor has instructed.

Swallow the tablets whole with some water. It is not advisable to drink alcohol during treatment with pms-Citalopram.

- How long to use it

Take pms-Citalopram tablets for the time your doctor recommends.

- If you forget to use it

If you miss a dose, do not try to make up for it by doubling up on the next dose. Just take the next dose at the usual time. Consult your doctor or pharmacist if you have any doubts.

- If you use too much (overdose)

If you accidentally take an overdose of pms-Citalopram, contact your doctor or hospital immediately; if possible, show them the pack of tablets. Medical treatment may be required.

Symptoms of an overdose may include rapid and deep breathing, nausea, vomiting, dizziness, flushing, sweating and thirst. Severe cases may show fever, bleeding, excitement, confusion, fits or coma and respiratory (breathing) failure.

While you are using pms-Citalopram

- Things you must do

Follow the instructions for the administration of pms-Citalopram exactly as your doctor tells you. Ask your doctor or pharmacist if you have any doubts.

- Things you must not do

Do not stop taking pms-Citalopram unless told to do so by your doctor.

Your doctor may want you to gradually reduce the amount of pms-Citalopram you are taking before stopping completely.

Do not use pms-Citalopram to treat any other conditions unless your doctor tells you to.

Do not give or recommend pms-Citalopram to anyone else, even if they have the same condition as you.

- Things to be careful of

Driving and using machines

pms-Citalopram 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.

Emotional or Behavioural Problems

Particularly in the first few weeks or when doses are adjusted, a small number of patients taking drugs of this type may feel worse. They may experience new or worsened feelings of agitation (restlessness), hostility (being dislike, unfriendly or opposition towards someone or something),

anxiety, impulsivity (to act on instinct without thinking decisions) or thoughts about suicide or harm to others.

Suicidal thoughts and actions can occur in any age group but may be more likely in patients 18 to 24 years old.

Should this happen to you, or to those in your care, consult your doctor immediately. Close observation by a doctor is necessary in this situation. Do not discontinue your medication on your own.

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

Side effects

Like all drugs, pms-Citalopram can produce adverse effects, although not everyone suffers from them.

Contact your doctor immediately if you experience any of the following symptoms after taking this medicine as they can be serious:

- difficulty in breathing
- swelling of the face, lips, tongue or throat that causes difficulty in swallowing or breathing
- severe itching of the skin

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell. Other side effects not listed above may also occur in some people.

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 (Consumers → Reporting)

Storage and Disposal of pms-Citalopram

- Storage

Store below 30°C in a dry cool place and protected from light. Keep out of reach of children.

- Disposal

If your doctor tells you to stop taking pms-Citalopram tablets or your tablets have passed their expiry date, ask your pharmacist or doctor what to do with any that are left over.

Do not simply throw the leftover or expired products into the dustbin.

Product Description

- What it looks like

White to off-white, oval film-coated tablet, scored on one side. Debossed "20" on the other side.

- Ingredients

- *Active Ingredients:*

Citalopram hydrobromide

- *Inactive Ingredients:*

Colloidal silicon dioxide, hydroxypropyl cellulose, hydroxypropyl methylcellulose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, sodium starch glycolate and titanium dioxide.

- MAL number

MAL08082705A

Manufacturer

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Product Registration Holder

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