

CITALOPRAM GENERICHEALTH

contains the active ingredient citalopram (as hydrobromide)

CONSUMER MEDICINE INFORMATION

What is in this leaflet

This leaflet answers some common questions about CITALOPRAM GENERICHEALTH.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have benefits and risks. Your doctor has weighed the risks of you taking CITALOPRAM GENERICHEALTH against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, talk to your doctor or pharmacist.

Keep this leaflet with your medicine. You may need to read it again.

What CITALOPRAM GENERICHEALTH is used for

CITALOPRAM GENERICHEALTH is used to treat depression.

CITALOPRAM GENERICHEALTH belongs to a group of medicines called selective serotonin reuptake inhibitors (SSRIs). SSRIs are thought to work by their action on brain chemicals called amines which are involved in controlling mood.

Your doctor may have prescribed CITALOPRAM GENERICHEALTH for another reason. Ask your doctor if you have any questions about why CITALOPRAM GENERICHEALTH has been prescribed for you.

CITALOPRAM GENERICHEALTH is available only with a doctor's prescription.

There is no evidence that CITALOPRAM GENERICHEALTH is addictive.

Use in children and adolescents

Do not give CITALOPRAM GENERICHEALTH to children and adolescents under 18 years of age.

CITALOPRAM GENERICHEALTH is not recommended for use in children and adolescents under 18 years of age as the safety and efficacy in this age group has not been established.

Before you take CITALOPRAM GENERICHEALTH

When you must not take it

Do not take CITALOPRAM GENERICHEALTH if you are allergic to medicines containing citalopram or any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include skin rash, itching or hives, swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing, wheezing or shortness of breath.

Do not take CITALOPRAM GENERICHEALTH if you are taking another medicine for depression called a monoamine oxidase inhibitor (MAOI) or have been taking an MAOI within the last 14 days. Check with your doctor or pharmacist if you are unsure as to whether or not you are taking an MAOI.

If you do take CITALOPRAM GENERICHEALTH while you are taking a MAOI, you may experience shaking (tremor), shivering, muscle stiffness, fever, rapid pulse, rapid breathing or confusion.

Do not take CITALOPRAM GENERICHEALTH if you are

taking another medicine for psychotic disorder called pimozide.

If you take CITALOPRAM GENERICHEALTH while you are on pimozide, you may experience irregular pulses/heart beats.

Do not take the herbal remedy St. John's wort (*Hypericum perforatum*) at the same time as taking CITALOPRAM GENERICHEALTH.

Do not take CITALOPRAM GENERICHEALTH if the expiry date (Exp.) printed on the pack has passed.

It may not work as well if you do.

Do not take CITALOPRAM GENERICHEALTH if the packaging shows signs of tampering or the tablets do not look quite right.

Before you start to take it

Tell your doctor if you are allergic to any other medicines, foods, dyes or preservatives.

Tell your doctor if you are pregnant or plan to become pregnant.

Your doctor will discuss the risks and benefits of taking CITALOPRAM GENERICHEALTH during pregnancy.

Tell your doctor if you are breastfeeding or wish to breastfeed.

CITALOPRAM GENERICHEALTH passes into breastmilk and may affect your baby. Your doctor will discuss the risks and benefits of taking CITALOPRAM GENERICHEALTH when breastfeeding.

Tell your doctor if you have, or have had, any medical conditions, especially the following:

- epilepsy or seizures
- diabetes
- liver disease

- kidney disease
- heart disease
- problems with blood clotting
- mania and/or bipolar disorder (manic/depressive illness).

If you have not told your doctor about any of the above, tell them before you start taking CITALOPRAM GENERICHEALTH.

Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines may be affected by CITALOPRAM GENERICHEALTH, or may affect how well it works.

These include:

- monoamine oxidase inhibitors (MAOIs), medicines used to treat some types of depression. You should stop taking MAOIs at least two weeks before starting CITALOPRAM GENERICHEALTH
- pimozide, a medicine used to treat psychotic disorders (disturbances in thinking, feelings and behaviour)
- St. John's wort, a herbal remedy
- sumatriptan, used to treat migraine
- metoprolol, a medicine used to treat high blood pressure
- medicines used to treat reflux and ulcers including cimetidine and omeprazole
- selegiline, a medicine used to treat Parkinson's disease
- warfarin, used to prevent blood clots
- lithium, used to treat mood swings and some types of depression
- carbamazepine, used to treat epilepsy
- tramadol, a medicine used to relieve pain
- some medicines used to treat fungal infections including ketoconazole and itraconazole
- macrolide antibiotics used to treat infections such as erythromycin and clarithromycin
- medicines used to relieve pain, swelling and other symptoms of

inflammation, including arthritis (NSAIDs)

- antipsychotics, medicines used to treat certain mental and emotional conditions
- other medicines to treat depression, anxiety, obsessive-compulsive disorder or premenstrual dysphoric disorder.

Your doctor can tell you what to do if you are taking any of these medicines.

If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking CITALOPRAM GENERICHEALTH.

Some combinations of medicines may increase the risk of serious side effects and are potentially life-threatening.

How to take CITALOPRAM GENERICHEALTH

How much to take

The dose varies from patient to patient.

The usual starting dose is 20 mg (one tablet) per day. Your doctor may increase the dose slowly over several weeks depending on how you respond to this medicine.

Elderly patients may need lower doses.

Follow all directions given to you by your doctor and pharmacist carefully.

How to take CITALOPRAM GENERICHEALTH

Swallow the tablets with a glass of water. CITALOPRAM GENERICHEALTH should be taken either in the morning or evening, with or without food. You will not feel the full benefit of CITALOPRAM GENERICHEALTH straight away. Individuals will vary

greatly in their response to CITALOPRAM GENERICHEALTH. Your doctor will check your progress at regular intervals.

If you forget to take CITALOPRAM GENERICHEALTH

If you miss a dose and remember in less than 12 hours, take it straight away, and then continue as normal the next day.

Otherwise, skip the dose you missed, but be sure to take the next day's dose when it is due.

Do not take a double dose to make up for the dose you missed.

If you are not sure what to do, ask your doctor or pharmacist.

How long to take CITALOPRAM GENERICHEALTH for

To properly control your condition, CITALOPRAM GENERICHEALTH must be taken exactly as your doctor has prescribed. If you do not follow your doctor's instructions, you may not get relief from your depression.

Keep taking CITALOPRAM GENERICHEALTH for as long as your doctor recommends.

Do not stop taking it even if you begin to feel better, unless you are told to do so by your doctor. Never change the dose of your medicine without talking to your doctor first.

Occasionally the symptoms of depression or other psychiatric conditions may include thoughts of harming yourself or committing suicide. It is possible that these symptoms may continue or increase until the full anti-depressant effect of your medicine becomes apparent (i.e. one to two months).

You or anyone close to you or caring for you should watch for these symptoms and tell your doctor immediately or go to the nearest hospital if you have any

distressing thoughts or experiences during this initial period or at any other time.

Also contact your doctor if you experience any worsening of your depression or other symptoms at any time during your treatment.

If you take too much CITALOPRAM GENERICHEALTH (overdose)

Immediately telephone your doctor, or the Poisons Information Centre (telephone 13 11 26), or go to Accident and Emergency at the nearest hospital, if you think you or anyone else may have taken too much CITALOPRAM GENERICHEALTH. Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

Symptoms of overdosage may include nausea (feeling sick), vomiting, sweating, drowsiness, blue discolouration of the skin, convulsions or fits, unconsciousness, fast heart beats and tremor.

While you are taking CITALOPRAM GENERICHEALTH

Things you must do

Before starting any new medicine, tell your doctor or pharmacist that you are taking CITALOPRAM GENERICHEALTH.

Tell all the doctors, dentists and pharmacists who are treating you that you are taking CITALOPRAM GENERICHEALTH.

If you become pregnant while taking CITALOPRAM GENERICHEALTH, tell your doctor immediately.

People taking CITALOPRAM GENERICHEALTH may be more likely to think about killing themselves or actually try to do so, especially when CITALOPRAM GENERICHEALTH is first started or the dose is changed. Tell your doctor

immediately if you have thoughts about killing yourself or if you are close to or care for someone using CITALOPRAM GENERICHEALTH who talks about or shows signs of killing him or herself.

All mentions of suicide or violence must be taken seriously.

Occasionally, the symptoms of depression may include thoughts of suicide or self-harm. It is possible that these symptoms continue or get worse during the first one to two months of taking CITALOPRAM GENERICHEALTH until the medicine starts to work completely. This is more likely to occur if you are a young adult, i.e. 18 to 24 years of age, and you have not used antidepressant medicines before.

If you or someone you know or care for demonstrates any of the following warning signs of suicide-related behaviour while taking CITALOPRAM GENERICHEALTH, contact a doctor immediately, or even go to the nearest hospital for treatment:

- thoughts or talk of death or suicide
- thoughts of talk of self-harm or harm to others
- any recent attempts of suicide or self-harm
- increase in aggressive behaviour, irritability or agitation
- worsening of depression.

Visit your doctor regularly so they can check on your progress.

Tell your doctor immediately if you have any suicidal thoughts or other mental/mood changes.

All talk of suicide or violence must be taken seriously.

Tell your doctor immediately if you experience episodes of mania including a lot of rapidly changing thoughts or ideas, excessive physical activity and excessive restlessness.

Some patients with manic-depressive illness may enter a

manic phase and experience these symptoms.

Things you must not do

Do not use CITALOPRAM GENERICHEALTH to treat any other conditions unless your doctor tells you to.

Do not suddenly stop taking CITALOPRAM GENERICHEALTH, or lower the dose without checking with your doctor.

Stopping CITALOPRAM GENERICHEALTH suddenly may cause discontinuation symptoms such as dizziness, nausea and headache. When you have completed your course of treatment, the dose of CITALOPRAM GENERICHEALTH should be gradually reduced over a couple of weeks.

Do not give CITALOPRAM GENERICHEALTH to anyone else, even if they have the same condition as you.

Things to be careful of

Be careful driving or operating machinery until you know how CITALOPRAM GENERICHEALTH affects you.

CITALOPRAM GENERICHEALTH may cause drowsiness, dizziness or lightheadedness in some people. Make sure you know how you react to CITALOPRAM GENERICHEALTH before you drive a car or operate machinery.

CITALOPRAM GENERICHEALTH has not been shown to increase the effects of alcohol. However, your doctor may suggest avoiding alcohol while you are being treated for depression.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking CITALOPRAM GENERICHEALTH.

CITALOPRAM GENERICHEALTH helps most people with depression, but it may have unwanted side effects in some people.

All medicines have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Do not be alarmed by this list of possible side effects.

You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor if you notice any of the following and they worry you:

- itching
- ringing or a persistent noise in the ears
- aching muscles or joint pain
- flu-like symptoms, fever, runny or blocked nose, sneezing, facial pressure or pain, coughing or sore throat
- increased sweating
- increased saliva or dry mouth
- taste disturbance
- increase or decrease in appetite
- weight decrease or increase
- nausea or vomiting
- diarrhoea or constipation
- increased flatulence (wind)
- headache or migraine
- yawning
- dizziness
- sleepiness or drowsiness, tiredness
- a sense of indifference to everything
- sexual disturbances (decreased sex drive, problems with orgasm, erection or ejaculation)
- problems with menstrual period.

Tell your doctor immediately if you notice any of the following:

- chest pain
- slow, fast or irregular heart beat
- dizziness when you stand up
- blurred vision
- bruising more easily than normal
- difficulty urinating or excess urine production
- tingling or numbness in the hands or feet

- agitation, nervousness, anxiety, confusion
- worsening of depression.

Tell your doctor immediately or go to Accident and Emergency at the nearest hospital if you notice any of the following:

- thoughts of suicide or attempting suicide or self-harm
- shortness of breath or tightness in the chest
- aggressive behaviour
- tremors, involuntary movement of the muscles
- high fever, agitation, confusion, trembling and abrupt contraction of the muscles (symptoms of a rare condition called Serotonin Syndrome).

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

After using CITALOPRAM GENERICHEALTH

Storage

Keep CITALOPRAM GENERICHEALTH where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Keep your tablets in a cool dry place where the temperature stays below 25°C.

Do not store CITALOPRAM GENERICHEALTH or any other medicine in the bathroom or near a sink.

Do not leave CITALOPRAM GENERICHEALTH in the car or on window sills.

Heat and dampness can destroy some medicines.

Disposal

If your doctor tells you to stop taking CITALOPRAM GENERICHEALTH, or your tablets have passed their expiry date, ask your pharmacist what

to do with any that are left over.

Product description

What it looks like

CITALOPRAM GENERICHEALTH is a white, oval tablet marked C|A on one side and blank on the other.

Each blister pack contains 28 tablets.

Ingredients

The active ingredient in CITALOPRAM GENERICHEALTH is citalopram (as hydrobromide). Each CITALOPRAM GENERICHEALTH tablet contains 20 mg of citalopram.

The tablets also contain:

- lactose
- microcrystalline cellulose
- maize starch
- povidone
- crospovidone
- magnesium stearate
- Opadry White OY-LS-28908.

The tablets do not contain gluten, sucrose, tartrazine or any azo dyes.

Distributor

Generic Health Pty Ltd
Suite 1, 1175 Toorak Road
Camberwell, VIC, 3124

Australian registration numbers:
Blister Pack AUST R 161004

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