

contact your doctor before taking this medicine.

3. HOW TO TAKE CITALOPRAM TABLETS

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

Your doctor will tell you how much to take when you first start taking it. Most people start to feel better after 2 to 3 weeks.

If you do not feel any better after this time, talk to your doctor. He or she may tell you to take more of the medicine each day.

How much you take is decided by your doctor:

Adults

Depression

The usual dose is 20 mg per day. This may be increased by your doctor to a maximum of 40 mg per day. Treatment should be at least 6 months.

Panic disorder

The starting dose is 10 mg per day for the first week before increasing the dose to 20-30 mg per day. The dose may be increased by your doctor to a maximum of 40 mg per day. Treatment should be at least 6 months.

Obsessive-compulsive disorder (OCD)

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

Elderly patients (above 65 years of age)

The starting dose should be decreased to half of the recommended dose, e.g. 10-20 mg per day. Elderly patients should not usually receive more than 20 mg per day.

Patients with special risks

Patients with liver complaints should not receive more than 20 mg per day.

Taking Citalopram Tablets:

- follow your doctor's advice on how and when to take the tablets.
- swallow the tablets whole with a glass of water, do not crush or chew your tablets.

Use in Children and adolescents

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

If you take more Citalopram Tablets than you should:

If you think that you or anyone else may have taken too many Citalopram Tablets, contact your doctor or the nearest hospital casualty department immediately. Do this even if there are no signs of discomfort or poisoning.

Take the carton and any tablets left so that the doctor knows what you have taken.

Some of the signs of an overdose could be life-threatening.

Symptoms of overdose may include:

- Irregular heart beat
- Seizures
- Changes in heart rhythm
- Feeling sick (nausea)
- Vomiting
- Sweating
- Drowsiness
- Unconsciousness
- Fast heart beats
- Tremor
- Changes in blood pressure
- Serotonin syndrome (see Section 4)
- Agitation
- Dizziness
- Enlarged eye pupils
- Bluish skin
- Breathing too quickly

If you forget to take Citalopram Tablets:

- if you forget a tablet and you remember before you go to bed, take it straight away. Carry on as usual the next day.
- if you only remember during the night, or the next day, leave out the missed tablet. You may possibly feel different, but this should go away after you take your next tablet at the usual time.

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

If you stop taking Citalopram tablets

Stopping this medicine quickly may cause symptoms such as dizziness, nausea and numbness or tingling in hands or feet, sleep disturbances (vivid dreams, nightmares, inability to sleep), feeling anxious, headaches, feeling or being sick, sweating, feeling restless or agitated, tremor, feeling confused or disorientated, feeling emotional or irritable, diarrhoea (loose stools), visual disturbances, fluttering or pounding heartbeat (palpitations). These are usually non-serious and disappear within a few days.

When you have completed your course of treatment, the dose of Citalopram tablets 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.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Citalopram can cause side effects, although not everybody gets them.

Stop taking Citalopram Tablets and see a doctor or go to a hospital straight away if:

- you have an allergic reaction. This may include a red and lumpy skin rash, swollen eyelids, face, lips, mouth or tongue, itching or difficulty breathing or swallowing
- you have unusual bruising or bleeding
- you notice blood in your vomit or stools (motions)
- you cannot pass water
- Fast, irregular heart beat, fainting which could be symptoms of a life-threatening condition known as torsades de pointes.
- you notice liver problems (e.g. hepatitis) that cause the skin or eyes to go yellow (jaundice)
- you get thoughts of suicide or self harm or they get worse (see Section 2 above)

Stop taking Citalopram Tablets and talk to your doctor if:

- You start having fits for the first time or fits that you have suffered from in the past become more frequent.
- you feel restless and cannot keep still (it may be something called akathisia). Taking more Citalopram Tablets may make these feelings worse.
- you are tired, weak or confused and have muscles that twitch, ache, are stiff or do not work well. This may be due to a low level of sodium in your blood. This is more likely to happen if you are elderly.
- you feel confused, restless, agitated, sweaty, shaky, shiver, have strange visions or sounds (hallucinations), jerking muscles, muscle spasm (which may affect the jaw and tongue) or a fast heartbeat. You may have serotonin syndrome.
- you have painful eyes and your vision is blurred or weakened.

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

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

Very common side effects (likely to affect more than 1 in 10 people)

- Sleepiness
- Difficulty in sleeping
- Increased sweating
- Dry mouth (a dry mouth increases the risk of tooth decay, so be sure to clean your teeth more often than usual)
- Feeling sick (nausea)

Common side effects (likely to affect up to 1 in 10 people)

- Lack of appetite
- Agitation
- Decreased sex drive
- Anxiety

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- Agitation
- Decreased sex drive
- Anxiety
- Nervousness
- Confusion
- Abnormal dreams
- Tremor
- Tingling or numbness in the hands or feet
- Ringing in the ears (tinnitus)
- Yawning
- Diarrhoea
- Vomiting
- Constipation
- Itching
- Pain in muscles and joints
- For men, problems with ejaculation and erection
- For females, failing to reach an orgasm
- Tiredness
- Prickling of the skin
- Loss of weight

Uncommon (likely to affect up to 1 in every 100 people)

- Bruising easily
- Increased appetite
- Aggression
- Reduced emotions, indifference
- Hallucinations
- Mania
- Fainting
- Large pupils (the dark centre of the eye)
- Fast heart beat
- Slow heart beat
- Nettle rash
- Loss of hair
- Rash
- Sensitivity to sunlight
- Difficulties urinating
- Vaginal bleeding
- Swelling of the arms or legs
- Increased weight

Rare (likely to affect up to 1 in every 1000 people)

- Convulsions
- Involuntary movements
- Taste disturbances
- Bleeding
- Hepatitis
- Euphoria (an excessive feeling of happiness or excitement)

Some patients have reported (frequency not known)

- Thoughts of harming or killing themselves
- An increase in bleeding or bruising caused by a decrease in blood platelets
- Rash (hypersensitivity)
- Low potassium levels in the blood (hypokalaemia), which can cause muscle weakness, twitching or abnormal heart rhythms
- Panic attack
- Heavy vaginal bleeding shortly after birth (postpartum haemorrhage), see 'Pregnancy, breast-feeding and fertility' in section 2 for more information
- Grinding teeth
- Restlessness
- Unusual muscle movements or stiffness
- Involuntary movements of the muscles (akathisia)
- Low blood pressure
- Nosebleed
- Bleeding disorders including skin and mucosal bleeding (ecchymosis)
- Sudden swelling of skin or mucosa
- In men, painful erections
- Flow of breast milk in men or in women who are not breast-feeding (galactorrhoea)
- Abnormal liver function tests
- An increased risk of bone fractures has been observed in patients taking this type of medicines
- polyuria (frequent passing of urine)
- Disturbances of vision
- Increase in a hormone called prolactin in the blood.

SSRIs can, very rarely, increase the risk of bleeding, including stomach or intestinal bleeding. Let your doctor know if you vomit blood or develop black or blood stained stools.

Also let your doctor know if you continue to have other symptoms associated with your depression. This might include hallucinations, anxiety, mania or confusion.

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 Citalopram tablets, please tell your doctor.

If any of the side effects get serious, or if you notice any side effects not listed in the leaflet, please tell your doctor or pharmacist.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE CITALOPRAM TABLETS

- Keep this medicine out of the sight and reach of children.
 - Blister pack: Keep blister in the outer carton.
 - Do not use after the expiry date stated on the pack.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment

6. CONTENT OF THE PACK AND OTHER INFORMATION

What Citalopram Tablets contains:

The active substance is: Citalopram (as the hydrobromide). Citalopram Tablets contain 10mg, 20mg or 40mg of Citalopram. The other ingredients are: maize starch, lactose monohydrate, croscarmellose sodium, glycerol, copovidone, magnesium stearate and microcrystalline cellulose.

The tablet coating contains the following other ingredients: hypromellose, macrogol 400 and titanium dioxide (E171).

What Citalopram Tablets look like and contents of the pack:

This medicine comes in blister packs of 28 film-coated tablets.

- Citalopram 10mg Tablets are round, biconvex, white to off-white film coated tablets, with 10 marked on one side.
- Citalopram 20mg Tablets are oval biconvex, white to off-white film coated tablets, scored on one side and 20 marked on the other side.
- Citalopram 40mg Tablets are oval biconvex, white to off-white film coated tablets, scored on one side and 40 marked on the other side.

Marketing Authorisation Holder and Manufacturer:

Marketing Authorisation Holder:

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This leaflet was last revised in 03/2023

 Rivopharm