Other medicines and behavioural development of Citalopram in this age group have not yet been demonstrated. Citalopram should normally not be used for children and adolescents under 18 years. Use in children and adolescents under 18 years of age

You may find it helpful to tell a relative or close friend:

• If you have previously had thoughts about killing or harming yourself.

Consequently, you may be more likely to think like this:

• If you have experienced significant stress or changes in your life recently (e.g. since these medicines all take time to work, usually about two weeks but sometimes longer.

You should be careful when driving, operating machinery or performing jobs that need you to be alert until these effects wear off.

Citalopram contains Lactose monohydrate.

Citalopram should not be given to children or adolescents. For further information, please ask your doctor or pharmacist.

Citalopram contains sodium

You may be in a maniac phase. This is when you start to talk a lot, laugh a lot, and are usually very energetic and active. You may be very likely to think like this:

• You have previously had thoughts about killing or harming yourself.

If you have been told by your doctor that

Breastfeeding

Citalopram can be taken with, or without food (see section 3.2: ‘How to take citalopram’).

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

Pregnancy

If you take Citalopram near the end of your pregnancy there may be an increased risk of a serious condition in babies, called persistent pulmonary hypertension of the newborn (PPHN), making the baby breathe faster and appear bluish. These symptoms may be seen within the first 24 hours of your baby’s life, so you should contact your midwife or doctor immediately. Also, if you take citalopram during the last 6 months of your pregnancy and with the knowledge of your doctor, you should be aware that the following effects may be seen in your baby’s life: being too hot, feeling cold, building up a fever, unusual increase in activity or inactivity, diarrhea, vomiting, excessive sweating, tremor, irritability, lethargy, constant crying, sleepiness or sleeping difficulties. If your baby develops any of these symptoms please you should speak to your doctor.

Citalopram contains Lactose monohydrate.

Citalopram contains sodium

You may be more likely to think like this:

If you are pregnant, you should not be pregnant, or are trying to become pregnant, tell your doctor. Do not take Citalopram if you are pregnant unless your doctor has discussed the risks and benefits involved.

Your doctor or pharmacist may prescribe for you only. Do not pass it on to others. It may harm children and adolescents under 18 years.

When you are feeling better, it is likely you will feel normal and have no problems.

Consult your doctor if you think you might be.

Ask your doctor or pharmacist for advice before taking any medicine. If you are pregnant, breast-feeding, planning to become pregnant, or having thoughts of suicide and worsening of your depression or anxiety disorder

Taking more than the recommended amount could be life-threatening. If you or someone else takes too much Citalopram or in case of overdose, seek medical advice immediately. Do not take any more medicine until you have received advice.

Drowsiness

• If you have previously had thoughts about killing or harming yourself.

• If you have previously had problems with heart rhythm or you are on any medicine that may affect the heart’s rhythm, e.g. anti-arrhythmics or anti-diabetic medicines.

Consequently, you may be more likely to think like this:

If you are born with or have had an episode of abnormal heart rhythm (seen at ECG; an abnormality on the heart’s electrical activity), you have to be very careful when taking Citalopram as this may cause a change in your heart’s rhythm. Therefore, it is very important that you follow exactly your doctor’s orders and do not stop this medicine abruptly.

•  If you have any further questions, ask your doctor or pharmacist.

Read all of this leaflet carefully before you start taking this medicine because it contains important information about your treatment with Citalopram.

If you have found it helpful to read a relative or close friend that you are depressed or have an anxiety disorder; and ask them to read this leaflet. You might also tell them that if you feel better you will let them know.

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If you are born with or have had an episode of abnormal heart rhythm (seen at ECG; an abnormality on the heart’s electrical activity), you have to be very careful when taking Citalopram as this may cause a change in your heart’s rhythm. Therefore, it is very important that you follow exactly your doctor’s orders and do not stop this medicine abruptly.
If you have thoughts of harming or killing yourself at any time, your dose may need to be reduced or stopped:

If you notice any of the following symptoms you should contact your doctor immediately as you start to get better.

Symptoms of overdosage may include:

4. Sensitivity to sunlight
5. Rash (hypersensitivity)
6. Blood disorders including skin and mucosal bleeding (petechiae)
7. Severe sweating of skin or muco-sa
8. Restlessness
9. Involuntary movements of the muscles (tremors)

Some patient have reported (frequency not known)

- Heavy vaginal bleeding shortly after birth (postpartum haemorrhage), see 'Pregnancy, breast-feeding and fertility' in section 2 for more information.
- Thoughts of harming or killing themselves, see also section 2 'What you need to know before you take citalopram?'
- An increase in bleeding or bruising caused by a decrease in platelet level
- Respiratory depression (see Section 4)
- Rash (hypersensitivity)
- Dizziness
- Enlarged skin papillae
- Blush skin
- Breathe too quickly

If you forget to take Citalopram

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

Effects when treatment with Citalopram is stopped

Stopping this medicine quickly may cause symptoms such as dizziness, nausea and headache or tingling in hands or feet, sleep disturbances (sleepiness, nightmares, inability to sleep), feeling anxious, feeling or feeling sick, breathing, feeling restless or tense, and difficulty in concentrating.

These symptoms usually resolve over a period of days to weeks. While you have completed your course of treatment, the dose of citalopram is usually reduced gradually over a couple of weeks.

If you have any further questions on the use of this medicine ask your doctor or pharmacist before you stop taking this medicine.

If you get any side effects, tell 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 national reporting system listed in Yellow Card Scheme. Website: www.mhra.gov.uk/yellowcard or search for MBIRA 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.

How to store Citalopram Tablets

This medicine does not require any special storage conditions.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist or local authority how you can dispose of any unused medicine.

Information about ingredients

The active substance in Citalopram is Citalopram hydrobromide.

Each film-coated tablet contains 10 mg citalopram (as citalopram hydrobromide).

Each film-coated tablet contains 15 mg citalopram (as citalopram hydrobromide).

The other ingredients are:

- Lactose
- Sodium lauryl sulphate
- Silica gel (microcrystalline) - The other ingredients are:

- Hypromellose, Macrogol 400, Titanium dioxide (E 171)
- Hypromellose, Macrogol 800, Titanium dioxide (E 171)

What Citalopram looks like and contents of the pack

Film-coated tablet

Citalopram 10 mg film-coated tablets are white coloured, biconvex, round shaped film-coated tablets associated with ‘A’ on one side and ‘10’ on the other side.

Citalopram 15 mg film-coated tablets are white coloured, biconvex, capsule shaped film-coated tablets marked with ‘A’ on one side and with a score line in between ‘0’ and ‘6’ on the other side. The tablet can be divided into equal halves.

Citalopram 40 mg film-coated tablets are white coloured, biconvex, capsule shaped film-coated tablets marked with ‘A’ on one side and with a score line in between ‘0’ and ‘6’ on the other side. The tablet can be divided into equal halves.

A pack of Citalopram contains 10, 14, 20, 28, 30, 56, 98, 48 and 100 film-coated tablets.

Not all pack sizes may be marketed.

Manufacturing Authorisation Holder

Milpharm Limited

Ares block, Odyssey Business Park

Ruislip HA4 6QD

United Kingdom

Manufacturer

Milpharm Limited

Aves Way, Odyssey Business Park

West End Road

Ruislip HA4 6QD

United Kingdom

or

Ariel Soft Services (Malta) Limited

No 26, Far Industrial Estate, Ha Far

Bluballiga, BGC 2001

Malta

This leaflet was last revised in 06/2023.