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. Information from clinical trials has shown an increased risk of suicidal behaviour in adults aged less than 25 years with psychiatric conditions who were treated with an antidepressant.

If you have thoughts of harming or killing yourself at any time, contact your doctor or go to 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 your depression or anxiety is getting worse, or if they are worried about changes in your behaviour.

If any of the above apply to you, tell your doctor or pharmacist.

Taking other medicines

You should tell your doctor if you are taking or have taken any medicines, including medicines obtained without a prescription. The following medicines may interact with your Nortriptyline tablets:
- guanethidine, debrisoquine, bethanidine, clonidine (used to treat high blood pressure);
- barbiturates (used for anxiety or to make you feel sleepy);
- alcohol (you should not drink alcohol);
- fluoxetine (another antidepressant);
- cimetidine (for heartburn and ulcers);
- phenothiazines (for mental illness);
- diazepam (for epilepsy);
- propafenone, flecainide, encaïnide, quinidine (for heartbeat disorders).

It may still be all right for you to be given Nortriptyline tablets. Your doctor will be able to decide what is suitable for you.

Driving and using machines

Nortriptyline hydrochloride may affect alertness. Use caution when driving or operating heavy machinery until you’re aware of how this drug affects you. If you feel Nortriptyline tablets affect your ability to drive or use machines, tell your doctor immediately.

Important information about some of the ingredients of Nortriptyline tablets

Nortriptyline tablets contain lactose. If you are lactose intolerant, 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 your depression or anxiety is getting worse, or if they are worried about changes in your behaviour.

If any of the above apply to you, tell your doctor or pharmacist.

Dosage

Adults:
The usual adult dose is 25mg three or four times daily or the dose may be increased when first starting antidepressants, since these medicines all take time to work, usually about two weeks but sometimes longer.

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If any of the above apply to you, tell your doctor or pharmacist.
If you take more Nortriptyline tablets than you should
Go to the nearest casualty department or contact your doctor immediately. Take the tablet carton with you.

If you forget to take Nortriptyline tablets
If you miss a dose, take one as soon as you can. If you have missed several doses, tell your doctor. Do not take a double dose to make up for a forgotten dose.

If you stop taking Nortriptyline tablets
Do not stop taking the tablets or reduce the dose without telling your doctor first. If you suddenly stop taking the tablets you may feel sick (nausea), have a headache or feel generally unwell. If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible side effects
Like all medicines, Nortriptyline tablets can cause side effects, although not everybody gets them. If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

All medicines can cause allergic reactions, although serious allergic reactions are very rare.

Tell your doctor straight away if you get any sudden:
- wheeziness, difficulty in breathing, swelling of the eyelids, face or lips, rash or itching, especially affecting your whole body.
The following side effects have been reported:
- low or high blood pressure
- fast or irregular heartbeat
- palpitations
- heart attack (myocardial infarction)
- stroke
- oedema (swelling of the ankles)
- confusion (especially in the elderly) with seeing or hearing things (hallucinations)
- not knowing where you are (disorientation)
- false beliefs (delusions)
- anxiety, restlessness, agitation
- not sleeping (insomnia)
- nightmares
- panic
- long-lasting abnormal mood
- worsening of mental illness
- numbness, tingling, pins and needles in the hands or feet
- coordination problems
- tremors
- abnormal movements
- fits (seizures)
- altered brainwave (EEG) patterns
- ringing in the ears (tinnitus)
- dry mouth
- rarely, inflamed glands under the tongue or inflammation of the gums (gingivitis)
- blurred vision, difficulty in focusing, dilated pupils
- constipation, blockage of the digestive tract
- unable to urinate or delayed urination
- rash
- itching
- light sensitivity
- swelling (oedema)
- fever
- reaction to other similar drugs
- blood disorders which may cause you to bruise easily, become anaemic or be unable to fight off infections
- feeling sick (nausea) and vomiting
- not eating (anorexia)
- indigestion
- diarrhoea
- constipation
- peculiar taste
- inflamed mouth
- abdominal cramps
- black tongue
- development of breasts in men, breast enlargement and milk production in women
- increased or decreased sex drive
- failure to have an erection (impotence)
- swollen testicles
- altered blood sugar levels
- yellow eyes and skin (jaundice)
- altered liver function
- inflamed liver (hepatitis) and liver damage
- weight gain or loss
- sweating
- flushing
- urinating often and at night
- sleepiness
- dizziness
- weakness
- tiredness
- headache
- swollen glands
- hair loss (alopecia)
- An increased risk of bone fractures has been observed in patients taking this type of medicine.

If any of the side effects gets serious, or if you notice any side effects not listed in this 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.

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

5. How to store Nortriptyline tablets
Keep out of the sight and reach of children. Do not use Nortriptyline tablets after the expiry date, which is stated on the label and carton. The expiry date refers to the last day of the month.

If your tablets show any sign of deterioration or discolouration, you should seek the advice of your pharmacist who will tell you what to do.

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. Further information
What Nortriptyline tablets contain?
The name of this medicine is Nortriptyline 25mg Tablets. The active substance in your tablet is nortriptyline.

Each tablet contains 25mg of the active substance nortriptyline (as the hydrochloride). Also contains lactose, calcium phosphate, starch, magnesium stearate, sunset yellow FCF (E110), hydroxypropylmethylcellulose, ethylcellulose and glycerin.

What Nortriptyline tablets look like and contents of the pack
Round, orange tablets with a score mark on one side and plain on the other. Each carton contains 25 or 100 tablets.

Procured within the EU

Manufactured by:
Laboratorios BIOMED, S.L., Calle Licorers, 169-170, Nave 14, Poligono de can Robiols Marratxi, E-07141, Spain.

Product Licence holder:
Re-packaged by: Munro Wholesale Medical Supplies Limited, 3 Young Place, East Kilbride, G75 0TD

Ecosse Pharmaceuticals Limited, 3 Young Place, East Kilbride, G75 0TD
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