Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet:
1. What is Cipramil and what it is used for
2. How does Cipramil work?
3. How to take Cipramil
4. Possible side effects
5. How to dispose of it
6. Contents of the pack and other information

1. What Cipramil is and what it is used for

Cipramil is a Selective Serotonin Reuptake Inhibitor (SSRI) and belongs to a group of medicines known as antidepressants. These medicines help to correct certain chemical imbalances in the brain that are causing the symptoms of your illness.

What is Cipramil used for?
Cipramil contains citalopram and is used for the treatment of depression and, when you feel better, to help prevent these symptoms recurring. Cipramil is also used for long-term treatment to prevent the occurrence of new episodes of depression or if you have recurrent depression.

Cipramil is also beneficial in relieving symptoms if you tend to suffer from panic attacks.

2. What you need to know before you take Cipramil

Do not take Cipramil
- If you are allergic to citalopram, or any of the other ingredients of this medicine (listed in section 6). Consult your doctor if you think you might be.
- At the same time as taking medication known as monoamine oxidase inhibitors (MAOIs). MAOIs include medicines such as phenelzine, iproniazid, isocarboxazid, nialamide, tranylcypromine and moclobemide (used for the treatment of depression), selegiline (used in the treatment of Parkinson’s disease) and linezolid (an antibiotic). Even if you have finished taking one of the following MAOIs: phenelzine, iproniazid, isocarboxazid, nialamide or tranylcypromine you will need to wait 3 weeks before you start taking Cipramil. You must also wait 2 weeks before you start taking Cipramil if you have finished taking linezolid. After stopping Cipramil you must wait 2 weeks before you start taking any of the following MAOIs: phenelzine, iproniazid, isocarboxazid, nialamide or tranylcypromine.
- If you are pregnant or breast-feeding.
- If your blood pressure is low.
- If you have or have had an episode of abnormal heart rhythm seen at ECG; an examination to evaluate how well your heart pumps blood.
- If you have a urinary tract infection.
- If you have or have had a bleeding disorder or have ever suffered from bleeding in the stomach or intestine.

If you are taking any of the following medicines:

- Medicines containing selegiline (used to treat Parkinson’s disease).
- Medicines containing tranylcypromine (used to treat depression).
- Medicines containing moclobemide (used to treat depression).
- 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 a hospital straight away.
You may find it helpful to tell a relative or close friend that you are taking Cipramil. Some patients with manic-depressive illness may enter into a manic phase. This is characterized by unusual and rapidly changing ideas, inappropriate happiness and excessive physical activity. If you experience this, contact your doctor immediately.

Special information relating to your disease
As with other medicines used to treat depression or related diseases, the improvement is not achieved immediately. After the start of Cipramil treatment it may take several weeks before you experience any improvement. In the beginning of the treatment certain patients may experience increased anxiety, which will disappear during continued treatment. Therefore, it is very important that you follow exactly your doctor’s orders and do not stop the treatment or change the dose without consulting your doctor.

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.

3. How to take Cipramil

Please tell your doctor if you take any of the following medicines:

- Medicines containing tricyclic antidepressants, certain antimicrobial agents (e.g. sparfloxacin, moxifloxacin, erythromycin IV, pentamidine, anti-malarial treatment particularly halofantrine), certain antihistamines (astemizole, mizolastine). If you have any further questions about this you should speak to your doctor.

4. Possible side effects

Other medicines and Cipramil

Other medicines and Cipramil

Cipramil is also beneficial in relieving symptoms if you tend to suffer from panic attacks.

5. How to dispose of it

6. Contents of the pack and other information

Please consult your doctor, even if these statements were applicable to you at any time in the past.
Patients with special risks
Patients with liver complaints should not receive more than 16mg (8 drops) per day.

If you have previously taken Cipramil tablets, you will find that the dose of your medicine in mg given as drops is a bit lower than that of tablets. This is because your body more easily absorbs the drops than the tablets, so you do not need as many mg to have the same effect.

The doses of tablets correspond to doses of drops as follows:

<table>
<thead>
<tr>
<th>Tablets</th>
<th>Drops</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
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<td>16mg  (8 drops)</td>
</tr>
<tr>
<td>30mg</td>
<td>24mg  (12 drops)</td>
</tr>
<tr>
<td>40mg</td>
<td>32mg  (16 drops)</td>
</tr>
</tbody>
</table>

How and when to take Cipramil
The drops are for oral use and can be taken in a drink of water, or orange or apple juice.

Cipramil is taken every day as one dose at any time of the day.

Duration of treatment
Like other medicines for depression and panic disorder these drops may take a few weeks before you feel any improvement. Continue to take Cipramil even if it takes some time before you feel any improvement in your condition.

The duration of treatment is individual, usually at least 6 months. Continue to take the drops for as long as your doctor recommends. Do not stop taking them even if you begin to feel better, unless you are told to do so by your doctor. The underlying illness may persist for a long time and if you stop your treatment too soon your symptoms may return.

Patients who have recurrent depression benefit from continued treatment, sometimes for several years, to prevent the occurrence of new depressive episodes.

Never change the dose of the medicine without talking to your doctor first.

If you take more Cipramil than you should
If you think that you or anyone else may have taken too many Cipramil, contact your doctor or nearest hospital emergency department immediately. Do this even if there are no signs of discomfort or poisoning. Take the Cipramil box/container with you if you go to a doctor or hospital. 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
- Unsteadiness
- Fast heart beats
- Tremor
- Changes in blood pressure
- Serotonin syndrome (see Section 4)
- Agitation
- Dizziness
- Enlarged eye pupils
- Blush skin
- Breathing too quickly

If you forget to take Cipramil
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 Cipramil is stopped
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 Cipramil 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 this medicine can cause side effects, although not everybody gets them. Several of the effects listed below can also be symptoms of your illness and may disappear as you start to get better.

Serious side effects
Stop taking Cipramil and seek medical advice immediately if you have any of the following symptoms:

- Difficulty in breathing.
- Swelling of the face, lips, tongue or throat that causes difficulty in swallowing or breathing.
- Severe itching of the skin (with raised lumps).
- Fast, irregular heart beat, fainting which could be symptoms of a life-threatening condition known as torsades de points.

If you notice any of the following you should contact your doctor immediately as your dose may need to be reduced or stopped:

- You start having fits for the first time or fits that you have suffered from in the past before become more frequent.
- Your behaviour changes because you feel elated or over excited.
- You experience high fever, agitation, confusion, and trembling or abrupt contractions of muscles. These may be signs of a rare condition called serotonin syndrome.
- Tiredness, confusion and twitching of your muscles. These may be signs of a low blood level of sodium (hyponatraemia).

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 (may affect more than 1 in 10 people)

- Sleepiness
- Difficulty in sleeping
- Headache
- Changes in your sleeping pattern
- Loss of body strength, weakness
- 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 (may affect up to 1 in 10 people)

- Lack of appetite
- Agitation
- Increased sex drive
- Anxiety
- Nervousness
- Confusion
- Abnormal dreams
- Reduced emotions, indifference (apathy)
- Tremor
- Tingling or numbness in the hands or feet
- Dizziness
- Problems concentrating
- Migraine
- Loss of memory (amnesia)
- Ringing in the ears (tinnitus)
- Palpitations
- Yawning
- Blocked or runny nose (rhinitis)
- Diarrhoea
- Vomiting
- Constipation
- Stomach pain
- Flatulence (wind)
- Increase in saliva (dripping)
- Itching
- Pain in muscles and joints
- For men, problems with ejaculation and erection
- For women, failing to reach an orgasm
- Tiredness
- Prickling of the skin
- Loss of weight

Uncommon side effects (may affect up to 1 in 100 people)

- Bruising easily
- Increased appetite
- Aggression
- 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
- Excessive menstrual bleeding
- Swelling of the arms or legs
- Increased weight

Rare effects (may affect up to 1 in 1000 people)

- Increased sex drive
- Convulsions
- Involuntary movements
- Taste disturbances
- Bleeding
- Coughing
- Hepatitis
- Feeling unwell (malaise)

Some patients have reported (frequency not known)

- Thoughts of harming or killing themselves, see also section 2.
- “What you need to know before you take Cipramil”

An increase in bleeding or bruising caused by a decrease in blood platelets (thrombocytopenia)
- Rash (hypersensitivity)

- Low potassium levels in the blood (hypokalaemia), which can cause muscle weakness, twitching or abnormal heart rhythms
- Panic attack
- 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)
- Irregular menstrual periods
- Abnormal liver function tests
- An increased risk of bone fractures has been observed in patients taking this type of medicines
- Abnormal heart rhythm

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 Cipramil, please tell your doctor.

If you get any side effects please talk to your doctor or pharmacist. This includes any possible side-effects not mentioned in this leaflet.

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, Website: 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 Cipramil

- As with all medicines, keep out of the sight and reach of children - a locked cupboard or medicine cabinet is often best.
- The Cipramil bottle and box will have a “Use by” date printed on it. Do not take the drops after this date. The expiry date refers to the last day of that month. After opening use within 16 weeks and do not store above 25°C.
- If your doctor tells you to stop taking your medicine you can return any left-over medicine to the pharmacist, unless the doctor tells you to keep it at home.
- If your medicine appears to be discoloured, damaged or shows any other signs of deterioration, please return it to your pharmacist who will advise you.
- 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 Cipramil contains
Each ml of the solution contains 40mg of citalopram (as hydrochloride) as the active ingredient.

The solution also contains (in addition to water) some ingredients that act as preservatives or which help to regulate the speed that drops are released from the bottle.

These are methyl parahydroxybenzoate, propl parahydroxybenzoate, ethanol, hydroxethylcellulose and purified water.

What Cipramil looks like and contents of the pack
Cipramil is a colourless solution which is available in a brown glass bottle with a child resistant screw cap and a polyethylene dropper.

Cipramil is available in a pack size of 15ml.

Manufacturer
Manufactured by: H. Lundbeck A/S, Ottillevaj 9, Valby, Copenhagen, DK-2500, Denmark.

Procured from within the EU and repackaged by: Doncaster Pharmaceuticals Group Ltd., Kirk Sandall, Doncaster, DN3 1QR.

Product Licence holder: Landmark Pharma Ltd., 7 Regents Drive, Prudhoe, Northumberland, NE42 6PX.

PL No: 21828/0319  POM

Leaflet revision and issue date: 05.09.2014

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Please consult your doctor, even if these statements were applicable to you at any time in the past.

Please note:
Some patients with manic depressive illness may enter into a manic phase. This is characterized by unusual and rapid changing ideas, inappropriate happiness and excessive physical activity. If you experience this, contact your doctor immediately.

Symptoms such as restlessness or difficulty in sitting or standing still can also occur during the first weeks of the treatment. Tell your doctor immediately if you experience these symptoms.

Special information relating to your disease
As with other medicines used to treat depression or related diseases, the improvement is not achieved immediately. After the start of Citalopram treatment it may take several weeks before you experience any improvement. In the beginning of the treatment certain patients may experience increased anxiety, which will disappear during continued treatment. Therefore, it is very important that you follow exactly your doctor’s orders and do not stop the treatment or change the dose without consulting your doctor.

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 first as 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 a hospital straight away.

You may find it helpful to tell a relative or close friend that you are depressed and/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.

Use in children and adolescents under 18 years of age
Citalopram should normally not be used for children and adolescents under 18 years. Also, you should know that patients under 18 have an increased risk of side-effects such as suicide attempt, suicidal thoughts and hostility (predominantly aggressiveness, oppositional behaviour and anger) when they take this class of medicines. Despite this, your doctor may prescribe Citalopram for patients under 18 because he/she decides that this is in their best interests. If your doctor has prescribed Citalopram for a patient under 18 and you want to discuss this, please go back to your doctor. You should inform your doctor if any of the symptoms listed above develop or worsen when patients under 18 are taking Citalopram. Also, the long-term safety effects concerning growth, maturation and cognitive and behavioural development of Citalopram in this age group have not yet been demonstrated.

Other medicines and Citalopram
Medicines may affect the action of other medicines and this can sometimes cause serious adverse reactions.

Please tell your doctor or pharmacist if you are taking, have taken or might take other medicines. This includes over-the-counter medicines. Before stopping Citalopram you must allow 1 week before taking any MAOI.

• If you are born with or have had an episode of abnormal heart rhythm (seen at ECG; an examination to evaluate how the heart is functioning).

• If you take medicines for heart rhythm problems or that may affect the heart’s rhythm (see Other medicines and Citalopram below).

Warning and Precautions
Please tell your doctor if you have any medical problems, especially if you have:
• Liver disease.
• Kidney disease.
• Diabetes (you may need an adjustment of your anti-diabetic therapy).
• Epilepsy or a history of seizures or fits.
• A bleeding disorder or have ever suffered from bleeding in the stomach or intestine.
• Men or panic disorder.
• Low blood levels of sodium.
• ECT (electroconvulsive therapy).
• Problems with your eyes, such as certain kinds of glaucoma.
• Suffered or suffer from heart problems or have recently had a heart attack.
• A low resting heart-rate and/or you know that you may have salt depletion as a result of prolonged severe diarrhea and vomiting (being sick) or usage of diuretics (water tablets).
• Experienced a fast or irregular heartbeat, fainting, collapse or dizziness which may indicate abnormal functioning of the heart rate.

Please consult your doctor, even if these statements were applicable to you at any time in the past.

Please do not take Citalopram if you take medicines for heart rhythm problems or medicines that may affect the heart’s rhythm, e.g. such as Class IA and III antiarrhythmics, antipsychotics (e.g. phenothiazine derivatives, pimozide, haloperidol), tricyclic antidepressants, certain antimicrobial agents (e.g. sparfloxacin, moxifloxacin, erythromycin IV, pentamidine, anti-malarial treatment particularly halofantrine, certain antihistamines (amitriptyline or imipramine).

If you have any further questions about this you should speak to your doctor.

Taking Citalopram with food, drink and alcohol
Citalopram can be taken with or without food (see section 3 "How to take Citalopram").

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

Pregnancy
Ask your doctor or pharmacist for advice before taking any medicine.

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

Make sure your midwife and/or doctor know you are on Citalopram. When taken during pregnancy, particularly in the last 3 months of pregnancy, medicines like Citalopram may increase the 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 usually begin during the first 24 hours after the baby is born. If this happens to your baby you should consult your midwife and/or doctor immediately. Also, if you take Citalopram during the last 3 months of your pregnancy and until the date of birth you should be aware that the following effects may be seen in your newborn: fits, being too hot or cold, feeding difficulties, vomiting, low blood sugar, stiff or floppy muscles, overactive reflexes, tremor, jitteriness, irritability, lethargy, constant crying, sleeping difficulties. If your newborn baby gets any of these symptoms please consult your midwife and/or doctor immediately.

Breast-feeding
Ask your doctor or pharmacist for advice before taking any medicine.

If you are breast-feeding, ask your doctor for advice. You should not breast-feed your baby when taking Citalopram because small amounts of the medicine can pass into the breast milk.

Fertility
Citalopram has been shown to reduce the quantity of sperm in animal studies. Theoretically, this could affect fertility, but impact on human fertility has not been observed as yet.

Driving and using machines
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.

Important information about some of the ingredients of Citalopram
This medicinal product contains small amounts of alcohol, less than 100mg in all doses. These drops also contain the preservatives E216 and E218, which may cause allergic reactions (possibly delayed).

3. How to take Citalopram
How much to take
Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults
Depression
The usual dose is 16mg (8 drops) per day. This may be increased by your doctor to a maximum of 32mg (16 drops) per day.

Panic disorder
The starting dose is 8mg (4 drops) per day for the first week before increasing the dose to between 16–24mg (8 to 12 drops) per day. The dose may be increased by your doctor to a maximum of 32mg (16 drops) per day.

Elderly patients (above 65 years of age)
The starting dose should be decreased to half of the recommended dose, e.g. 8–16mg per day. Elderly patients should not usually receive more than 16mg (8 drops) per day.

Children and adolescents (less than 18 years of age)
Citalopram should not be given to children or adolescents under 18 years of age. For further information, please see section 2, "What you need to know before you take Citalopram."
Patients with special risks
Patients with liver complaints should not receive more than 16mg (8 drops) per day.

If you have previously taken Citalopram tablets, you will find that the dose of your medicine in mg given as drops is a bit lower than that of tablets. This is because your body more easily absorbs the drops than the tablets, so you do not need as many mg to have the same effect.

The doses of tablets correspond to doses of drops as follows:

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How and when to take Citalopram
The drops are for oral use and can be taken in a drink of water, or orange or apple juice.

Citalopram is taken every day as one dose at any time of the day.

Duration of treatment
Like other medicines for depression and panic disorder these drops may take a few weeks before you feel any improvement. Continue to take Citalopram even if it takes some time before you feel any improvement in your condition.

The duration of treatment is individual, usually at least 6 months. Continue to take the drops for as long as your doctor recommends. Do not stop taking them even if you begin to feel better, unless you are told to do so by your doctor. The underlying illness may persist for a long time and if you stop your treatment too soon your symptoms may return.

Patients who have recurrent depression benefit from continued treatment, sometimes for several years, to prevent the occurrence of new depressive episodes.

Never change the dose of the medicine without talking to your doctor first.

If you take more Citalopram than you should
If you think that you or anyone else may have taken too many Citalopram, contact your doctor or nearest hospital emergency department immediately. Do this even if there are no signs of discomfort or poisoning. Take the Citalopram box/container with you if you go to a doctor or hospital. Some of the signs of an overdose could be life-threatening.

Symptoms of overdosage 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
- Blush skin
- Breathing 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 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 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 this medicine can cause side effects, although not everybody gets them. Several of the effects listed below can also be symptoms of your illness and may disappear as you start to get better.

Serious side effects
Stop taking Citalopram and seek medical advice immediately if you have any of the following symptoms:
- Difficulty in breathing.
- Swelling of the face, lips, tongue or throat that causes difficulty in swallowing or breathing.
- Severe itching of the skin (with raised lumps).
- Fast, irregular heart beat, fainting which could be symptoms of a life-threatening condition known as torsades de pointes.

If you notice any of the following you should contact your doctor immediately as your dose may need to be reduced or stopped:
- You start having fits for the first time or fits that you have suffered from in the past before become more frequent.
- Your behaviour changes because you feel elated or over excited.
- You experience high fever, agitation, confusion, and trembling or abrupt contractions of muscles. These may be signs of a rare condition called serotonin syndrome.
- Tiredness, confusion and twitching of your muscles. These may be signs of a low blood level of sodium (hypokalaemia).

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 (may affect more than 1 in 10 people)
- Sleepiness
- Difficulty in sleeping
- Headache
- Changes in your sleeping pattern
- Loss of body weight, strength, increase
- 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 (may affect up to 1 in 10 people)
- Lack of appetite
- Agitation
- Decreased sex drive
- Anxiety
- Nervousness
- Confusion
- Abnormal dreams
- Reduced emotions, indifference (apathy)
- Tremor
- Tingling or numbness in the hands or feet
- Dizziness
- Problems concentrating
- Migraine
- Loss of memory (amnesia)
- Ringing in the ears (tinnitus)
- Palpitations
- Yawning
- Blocked or runny nose (rhinitis)
- Diarrhoea
- Vomiting
- Constipation
- Stomach pain
- Flatulence (wind)
- Increase in saliva (drooling)
- Itching
- Pain in muscles and joints
- For men, problems with ejaculation and erection
- For women, failing to reach an orgasm
- Tiredness
- Pricking of the skin
- Loss of weight

Uncommon (may affect up to 1 in 100 people)
- Bruising easily
- Increased appetite
- Aggression
- 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
- Excessive menstrual bleeding
- Swelling of the arms or legs
- Increased weight

Rare (may affect up to 1 in 1000 people)
- Increased sex drive
- Convulsions
- Involuntary movements
- Taste disturbances
- Bleeding
- Conjunctivitis
- Hepatitis
- Feeling unwell (malaise)

Some patients have reported (frequency not known)
- 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 blood platelets (thrombocytopenia)
- Rash (hypersensitivity)
- Low potassium levels in the blood (hypokalaemia), which can cause muscle weakness, twitching or abnormal heart rhythms
- Panic attack
- 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)
- Irregular menstrual periods
- Abnormal liver function tests
- An increased risk of bone fractures has been observed in patients taking this type of medicines
- Abnormal heart rhythm

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, please tell your doctor.

If you get any side effects please talk to your doctor or pharmacist. This includes any possible side-effects not mentioned in this leaflet.

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, Website: 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 Citalopram
As with all medicines, keep out of the sight and reach of children - a locked cupboard or medicine cabinet is often best.

The Citalopram bottle and box will have a “Use by” date printed on it. Do not take the drops after this date. The expiry date refers to the last day of that month. After opening use within 16 weeks and do not store above 25°C.

If your doctor tells you to stop taking your medicine you can return any left-over medicine to the pharmacist, unless the doctor tells you to keep it at home.

If your medicine appears to be discoloured, damaged or shows any other signs of deterioration, please return it to your pharmacist who will advise 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 Citalopram contains
Each ml of the solution contains 40mg of citalopram (as hydrochloride) as the active ingredient.

The solution also contains (in addition to water) some ingredients that act as preservatives or which help to regulate the speed that drops are released from the bottle. These are methyl parahydroxybenzoate, propyl parahydroxybenzoate, ethanol, hydroxyethylcellulose and purified water.

What Citalopram looks like and contents of the pack
Citalopram is a colourless solution which is available in a brown glass bottle with a child resistant screw cap and a polyethylene dropper.

Citalopram is available in a pack size of 15ml.

Manufacturer
Manufactured by: H. Lundbeck A/S, Ottiliavej 9, Valby, Copenhagen, DK-2500, Denmark.

Procured from within the EU and repackaged by: Doncaster Pharmaceuticals Group Ltd., Kirk Sandall, Doncaster, DN3 1QR.

Product Licence holder: Landmark Pharma Ltd., 7 Regents Drive, Prudhoe, Northumberland, NE42 6PX.

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