



PHENELZINE

fen-el-zeen

What does it do?

Phenelzine is used to treat and prevent depression, and sometimes other conditions.

How should you take it?

Take *phenelzine* regularly as directed with a glass of water.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *phenelzine* including:

- cold and flu medicines containing dextromethorphan (e.g. Robitussin Dry Cough Forte®), oxymetazoline (e.g. Drixine®), phenylephrine (e.g. Sudafed PE®) or xylometazoline (e.g. Otrivin®)
- some migraine medicines, such as sumatriptan (e.g. Sumagran Active®) or zolmitriptan (e.g. Zomig®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs (e.g. ecstasy).

What side effects might you notice?

Side Effects	Recommended action
Suicidal thoughts Severe headache, changes in vision, nausea, vomiting, change in heartbeat Muscle twitching or shaking you can't control, confusion, heavy sweating, fever Symptoms of liver problems including: yellow skin or eyes, itching, dark urine, pale bowel motions, abdominal pain	Tell your doctor immediately
Strange or uncontrolled movements, restlessness	Tell your doctor
Dizziness, drowsiness, trouble sleeping Muscle weakness Changes in sexual function, trouble peeing Constipation, dry mouth Weight gain, swollen feet or legs	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- While you are taking *phenelzine* and for two weeks after stopping, you **MUST** not eat foods and alcohol that contain tyramine. These may cause a very serious reaction and include: cheese, meat or yeast extracts (e.g. Marmite®, Vegemite®, Oxo®), pickled fish, broad bean pods, sauerkraut, salami and protein drinks. This list is a guide only – talk to your health professional.
- Tell your doctor if you have kidney, liver, thyroid, heart or blood pressure problems.
- Tell your doctor if you have a history of frequent headaches, stroke, diabetes, seizures, bipolar disorder, or glaucoma.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- *Phenelzine* may make you dizzy or sleepy and make it dangerous to drive, operate machinery or do other activities that require you to be alert. Limit alcohol intake because it can increase these effects.
- If you are having surgery, it is important to tell your doctor that you are taking *phenelzine*.
- It may take a few weeks for *phenelzine* to start working.
- Feelings of anxiety in the first few weeks of therapy are common, but should get better. Discuss with your doctor.
- If your depression continues to get worse, see your doctor.
- Do not stop taking *phenelzine* without talking to your doctor first.

This leaflet contains important, but not all, information about this medicine.

Prepared by the PILs Committee at Christchurch Hospital, Canterbury District Health Board, New Zealand. April 2018