

## SELEGILINE

*se-le-jih-leen*

### What does it do?

*Selegiline* is used to treat Parkinson's disease. It increases the amount of dopamine in your brain.

### Before you start

- Tell your doctor if you have heart, blood pressure, or mental health problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

### How should you take it?

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

### What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

### Can you take other medicines?

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

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

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   |
|--|--|
| Fast or irregular heartbeat, chest pain                                      | Tell your doctor immediately                                     |
| Dizziness, headache<br>Trouble sleeping<br>Strange or uncontrolled movements | Tell your doctor   |
| Lightheaded or dizzy after standing up                                       | Stand up slowly. If it continues, or is severe, tell your doctor |
| Nausea   | Take with food   |

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

### Other information:

- High doses of *selegiline* (more than 10 mg) require some dietary restrictions – ask your pharmacist.
- *Selegiline* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- *Selegiline* can cause a serious condition called serotonin toxicity when used with some other medicines. Stop taking *selegiline* and tell your doctor immediately if you are feeling confused, have muscle twitching or shaking you can't control, heavy sweating, or a fever.
- *Selegiline* is not registered for use in New Zealand. Discuss with your doctor.
- Do not stop taking *selegiline* without talking to your doctor first.