Te Whatu Ora
Health New Zealand
Waitaha Canterbury

SELEGILINE

se-le-jih-leen

What does it do?

Selegiline is used to treat Parkinson's disease. It stops dopamine from breaking down too quickly in your brain. Dopamine helps your brain to control your body movements.

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 food and a glass of water.

Do not stop taking *selegiline* without talking to your doctor first.

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
Symptoms of a fast or irregular heartbeat including: fluttering, pounding or pain in your chest, dizziness or fainting	Tell your doctor immediately
Dizziness Trouble sleeping Squirming or wriggling movement (such as head wobble)	Tell your doctor
Nausea	Tell your doctor if troublesome
Lightheaded or dizzy after standing up	Stand up slowly. If it continues, or is severe, tell your doctor

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. See 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.