

What is this medicine for?

Moclobemide belongs to a group of antidepressants

It is used to treat symptoms of low mood such as sad feelings or feelings of hopelessness, poor energy or appetite, or feeling bad about yourself.

It may be used to treat social phobia (feelings of intense fear or anxiety in social situations).

Moclobemide may be also used for other conditions, check with your doctor.

Before using this medicine:

Tell your doctor if you have or have ever had high blood pressure, thyroid or liver disease or drug allergies.

FOR WOMEN: Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding.

How to use this medicine?

Follow the directions on your medicine label and take the medicine exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor. Take after food.

Continue to take this medicine regularly every day even if you feel well. Do not stop taking it without talking to your doctor. This medicine must be taken regularly for a few weeks before its full effect is felt.

Once these symptoms are under control, you should continue taking this medication regularly to prevent the return of your depressive or anxiety symptoms. Do check with your doctor on the appropriate length of treatment you need.

Precautions while taking this medicine:

- Moclobemide may make you drowsy or less alert. Do not drive or operate machinery if affected. Avoid alcohol.
- When taken with certain food, drinks or other medicines, moclobemide may cause dangerous reactions such as sudden rise in blood pressure. To avoid such reactions:
 - ~ Avoid consuming excessive amounts of tyramine-rich food or drinks (such as cheese, yeast extract, fermented soya bean products, smoked fish, herring fish, beans, liver, avocado, bananas, wine or beer)
 - ~ Be sure that you tell all doctors, pharmacists, dentists and other healthcare providers who treat you about all prescription and non-prescription medicines, herbal or natural remedies you are taking.
 - ~ Do not take any other medicines especially those for colds (including nose drops and sprays), cough and appetite control without consulting a doctor or pharmacist.
- Your mental condition may change in unexpected ways especially at the beginning (first few weeks) of treatment and during dose changes. Contact your doctor immediately if you or your child (the patient) experience new or worsening thoughts of harming yourself, increase in symptoms such as anxiety, restlessness, violent behaviour, or other changes in mood and behaviour. Be sure that your family or caregiver knows which symptoms may be serious so they can call the doctor if you are unable to seek treatment on your own.

What should I do if I forget a dose?

Take the missed dose as soon as you remember it. However, if it is more than half way between the doses, skip the missed dose and take your medicine at the usual time.

Do not take two doses at the same time to make up for a missed one.

Possible Side Effects

Like all medications, this medication may also cause some POSSIBLE side effects in some people. Everyone responds differently to medications; so not everyone experiences any or all of them.

COMMON (Generally affect up to 10% of patients)

Most of these side effects below will get better or go away completely with continued medication taking as your body gets used to this medication. Contact your doctor or pharmacist should they become too bothersome to you.

- ~ Dry mouth
- ~ Slight headache
- ~ Dizziness or light-headedness (can be reduced by getting up slowly from a sitting or lying down position)
- ~ Difficulty in sleeping
- ~ Nausea, stomach discomfort or indigestion (may be reduced by taking the medication after a meal)
- ~ Nervousness

FOR URGENT ATTENTION

Check with your doctor as soon as possible if you have any of the following:

- ~ Allergic reaction: Skin rash, itching, difficulty in breathing, swelling of the face, lips or other parts of the body
- ~ Severe throbbing headache which starts at the back of the head and radiates forward
- ~ Stiff neck
- ~ Fast (racing), pounding, irregular, or slow heartbeat
- ~ Confusion

If you have any concerns about your medications or if you have other side effects that you think are caused by this medicine, please consult with your doctor or pharmacist.

Where should I store the medicine?

Store this medicine at room temperature, away from direct light, heat and moisture (not in the bathroom) and out of reach of children.

Throw away any medication that is expired or no longer needed.

Do not share the medicine with other people.

Ask your doctor or pharmacist for more information or if you have any questions.



Patient Information Leaflet on

MOCLOBEMIDE

Institute of Mental Health

Pharmacy Department

10 Buangkok View
Singapore 539747

For medication enquiries: (during office hours)

IMH Clinic B/ Sayang Wellness Pharmacy: 63892077

IMH Clinic C (NAMS) Pharmacy: 63893666

Community Wellness Centre Pharmacy: 64715797

Geylang Behavioural Medicine Pharmacy: 67461724

Child Guidance Clinic (HPB) Pharmacy: 64353807

Child Guidance (Sunrise Wing) Pharmacy: 63892410

Email: enquiry@imh.com.sg

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