

Patient Information on Moclobemide

(Manerix®)

What is this medication used for?

This medication belongs to the class of medications called reversible inhibitors of monoamine oxidase-A (RIMA). The most common conditions it is used for are:

- Depression (Major Depressive Disorder or Bipolar Depression)
- Panic Disorder
- Post-traumatic stress disorder (PTSD)
- Social Phobia or Social Anxiety Disorder

Moclobemide is available in tablet form and is usually taken once or twice a day. If you find the medication causes you to have problems sleeping, taking it earlier in the day may help. If you take the medication around meal times, take the medication after the meal to avoid drug-food side effects (headache). If you take more than 600 mg per day (higher than the usual dose) you will have special diet restrictions.

How will this medication help me?

This medication can help symptoms such as:

- Depressive symptoms - low mood, changes in appetite and sleep, low energy, difficulty concentrating, decreased interest in normal activities, feelings of guilt
- Panic - helps prevent panic attacks and PTSD symptoms

When will the medication start working?

Antidepressants may improve sleep, appetite and energy within 1-2 weeks after reaching an adequate dose; however, feelings of low mood, panic, or anxiety may take 4-12 weeks to fully improve.

Because the medication takes time to work, do not change the dose or stop the medication without discussing this with your doctor. Your doctor may increase or decrease the medication slowly to decrease side effects. Stopping the medication suddenly may result in uncomfortable withdrawal effects like muscle aches, tingling feelings, dizziness, nausea, vomiting, sleep disturbances, headache, tremor or anxiety.

How long should I take this medication?

After a first episode of depression, it is recommended that the antidepressant be continued for at least one year; this prevents a relapse of the depression. For people who have had several episodes of depression, lifelong treatment with medication is recommended. Do not stop the medication without

discussing it first with your doctor - some antidepressants need to be tapered slowly to avoid side effects. If you are taking antidepressants for other reasons, check with your doctor about how long to take it; most people require at least one year of treatment.

Side effects:

Many side effects are worse at the start of treatment and get better or disappear over a few weeks. If a side effect continues, speak to your doctor about how to manage it.

- Headache – Usually is temporary. Can be managed with pain medicine (e.g. acetaminophen / Tylenol®). Do not take your medication before a meal in case the headache is related to a food – medication interaction; take it after the meal. Large amounts of aged or overripe cheese is the food most likely to cause headache.
- Energized or agitated feeling – Some people may feel nervous or have difficulty sleeping for a few days after starting the medication. Let your doctor know; you may need to take your medication in the morning (or in the morning and afternoon).
- Nausea or heartburn – Usually goes away with time. Taking medication with or after food can help.
- Dizziness - Get up from a lying or sitting position slowly. Sit or lie down if dizziness persists.
- Increased sweating – Frequent showering and use of antiperspirant can help. If sweating is severe, ask your pharmacist about stronger antiperspirants that are available.
- Suicidal thinking - A small percentage of young adults (24 or younger) may have an increase in suicidal thinking and behaviour after starting certain classes of antidepressants. In studies, this happens in about 4% of young adults compared to 2% taking a placebo (dummy pill). Young adults should be closely monitored when starting an antidepressant. Anyone with new or worsening suicidal thoughts should contact their doctor immediately.

This is not a complete list of side effects. If you feel unwell, talk to your doctor or pharmacist.

What should you do if you forget to take a dose of medication?

If you take your total dose in the morning, you can take it later in the same day if you remember. If you take the medication twice a day and you forget to take the morning dose by more than 4 hours, skip the dose and continue with your second dose. Never double the dose.

Interactions with other medications

Tell your doctor and pharmacist about any other medications you are taking, including herbal remedies and over-the-counter medication like cold remedies. Always inform any doctor or dentist you see that you are taking this medication. **Do not take any products containing dextromethorphan (DM) – a common ingredient in many cough / cold products.**

Other Precautions

- Do not drive a car or operate heavy machinery if you feel drowsy or slowed down.
 - This drug may increase the effects of alcohol, making you feel more sleepy, dizzy or lightheaded.
 - Contact your doctor immediately if you become pregnant or intend to become pregnant.
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This list is provided by Sunnybrook as a guideline to assist patients. Patients should always seek professional advice on the appropriate diet for their particular circumstances.

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