

APO-CITALOPRAM TABLET

Citalopram Hydrobromide (20mg)

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What Apo-Citalopram is used for

APO-CITALOPRAM is a prescription medication containing the active ingredient, citalopram hydrobromide. APO-CITALOPRAM is intended for the relief of symptoms of depression and to prevent any relapse or reoccurrence.

Treatment with these types of medications is most safe and effective when you and your doctor have good communication about how you are feeling.

This medication can also be used for panic disorder with or without agoraphobia (fear of social environment or situation) and Obsessive Compulsive Disorder (OCD) as well.

How Apo-Citalopram works

APO-CITALOPRAM is a form of selective serotonin reuptake inhibitor (SSRI). It works by increasing the amounts of certain natural substances in the brain that are needed to maintain mental balance.

Before you use Apo-Citalopram

- When you must not use it

If you are allergic to any citalopram products, or if you are on a treatment with monoamine oxidase inhibitor (MAOI).

- Before you start to use it

Before taking APO-CITALOPRAM your doctor needs to know:

- Any other medical condition that you may have including heart diseases, seizures;
- Any known history of mania, or hypomania.
- Whether you are planning to get pregnant, are currently pregnant or are nursing an infant;
- Any history of drug abuse or suicidal thoughts;
- Presence of any bleeding or blood clotting disorder
- If you are a diabetic patient

If you take APO-CITALOPRAM near the end of your pregnancy there may be an increased risk of heavy vaginal bleeding shortly after birth, especially if you have a history of bleeding disorders. Your doctor should be aware that you are taking APO-CITALOPRAM so they can advise you.

- Taking other medicines

Let your doctor know if you are taking any other prescription or over-the-counter medication. Citalopram should not be used in combination with the following:

- Monoamine oxidase inhibitor (MAOI). Citalopram may be started 14 days after discontinuing treatment with an irreversible MAOI and at least one day after discontinuing treatment with the reversible MAOI (RIMA), moclobemide.

At least 7 days should elapse after discontinuing citalopram treatment before starting a MAOI or RIMA.

- Drug known to affect platelet function such as atypical antipsychotics and phenothiazines, tricyclic antidepressants, aspirin and non-steroidal anti-inflammatory drugs (NSAIDs).

- Metoprolol (an agent to lower high blood pressure)

- Cimetidine (to treat stomach disorder)

How to use Apo-Citalopram

- How much to use **Antidepressant:**

APO-CITALOPRAM should be administered as a single oral dose of 20mg daily.

Establishing an effective dosage level will vary from one person to another. For this reason, your doctor may increase your dosage gradually, up to 60mg daily during treatment. It is very important that you take APO-CITALOPRAM exactly as your doctor has instructed.

Panic disorder:

Initial dose for panic disorder should be 10mg daily and increased gradually, up to 60mg daily according to the patient's requirement.

If the condition is not suppressed after 3 months of treatment, consult your doctor as you may require a prolonged treatment period.

Obsessive Compulsive Disorder:

For adults, the initial dose should be 20mg, and increased gradually up to 60mg daily.

For elderly patients, the recommended dose is 20mg, and increased to max 40mg daily.

Children are not recommended to take this medication as the safety and efficacy have not been established for this age population.

- When to use it

Use as directed by your doctor or pharmacist.

- How long to use it

Use this medicine for the duration that your doctor recommends.

- If you forget to use it

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the

medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- *If you use too much (overdose)*

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you or anyone else may have use too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too much of this medicine may cause somnolence (sleepiness), coma, stiffened expression, episode of grand mal convulsion (generalised seizure), sinus tachycardia (faster than normal heart rate), occasional nodal rhythm (heart rhythm), sweating, nausea, vomiting, cyanosis (abnormal blue discoloration of the skin), hyperventilation

While you are using Apo-Citalopram

Medicines like APO-CITALOPRAM (so called SSRIs/SNRIs) may cause symptoms of sexual dysfunction. In some cases, these symptoms have continued after stopping treatment.

- *Things you must do*

Take your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are taking *Apo-Citalopram*.

Tell your doctor immediately if you become pregnant while taking this medication.

- *Things you must not do*

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor.

Do not give *Apo-Citalopram* to anyone else, even if they have the same symptoms or condition as you.

- *Things to be careful of*

This medication might cause suicidality in children and adolescents. Antidepressant increase the risk of suicidal thinking and behavior (suicidality) in children and adolescents with major depressive disorder (MDD) and other psychiatric disorder. Families and caregivers should be advised to closely observe the patient and to communicate with the prescriber. This product is not indicated for paediatric use.

Refrain from potentially hazardous tasks, such as driving a car or operating dangerous machines, until you are certain that this medication does not affect your mental alertness or physical coordination.

If you are pregnant and taking citalopram, or other antidepressants, you should discuss the risks and benefits of the various treatment options with your doctor.

It is very important that you do NOT stop taking these medications without first consulting your doctor.

Side effects

The side effects of taking Citalopram are usually mild and transient. These side effects are most strongly experienced during the first two weeks of the initiation of the treatment. The side effects include nausea, drowsiness, dry mouth, increased sweating and tremor. However, if you feel any other forms of discomfort when you take the medication, let your doctor know as soon as possible.

You may report any side effects or adverse reactions directly to the National Centre for Adverse Drugs Reaction Monitoring by visiting the website npra.gov.my (Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI))

Storage and Disposal of Apo-Citalopram

- *Storage*

Remember to keep APO-CITALOPRAM and all medications safely away from children.

Do not use this medicine after the month and year written after EXP on the container.

Store APO-CITALOPRAM at below 30°C.

- *Disposal*

Ask your pharmacist what to do with any tablets you have left over if your doctor tells you to stop taking them, or you find that the expiry date has passed.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description

- *What it looks like*

The 20mg tablets are white, oval, biconvex, film-coated tablet. Scored and engraved 20 on one side, APO on the other side

- *Ingredients*

- Active ingredient: Citalopram Hydrobromide

- Inactive ingredients: Lactose Monohydrate (Spray dried) NF, Microcrystalline Cellulose (PH 102) NF, Croscarmellose Sodium NF, Magnesium Stearate NF, Hydroxyethyl Cellulose (Type 250 L), NF, Polyethylene Glycol 8000, Titanium Dioxide and Purified Water.

- *MAL number(s):*

Apo-Citalopram 20mg tab (MAL08061582A)

Manufacturer

Apotex Inc – Etobicoke Site
50 Steinway Boulevard
Etobicoke, Ontario Canada M9W 6Y3

Product Registration Holder

Pharmaforte (M) Sdn Bhd
2, Jalan PJU 3/49
Sunway Damansara
47810 Petaling Jaya

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