

Agomelatine (pron. ag-o-mell-a-teen)

What is agomelatine used for?

Agomelatine (also known as Valodoxan[®]) is mainly used to help treat the symptoms of depression. It is made as tablets.

What is the usual dose of agomelatine?

The usual dose is 25mg once a day at bedtime. Some people may need 50mg a day.

How and when should I take agomelatine?

Swallow the tablets with at least half a glass of water whilst sitting or standing. This is to make sure that they reach the stomach and do not stick in your throat. Take your agomelatine at night. If you are a shift-worker, take your agomelatine at bedtime. There is no problem about taking agomelatine before, with, or after food.

How long will it be before agomelatine works?

It should start to work in a couple of weeks. The effect then builds over the next few weeks.

How long will I need to keep taking agomelatine for?

- First episode of depression: about six months after you have got better
- Second episode, one or two years after you have got better
- For depression that keeps coming back, taking an antidepressant for at least 5 years will reduce the chances of the depression coming back.

Can I stop taking agomelatine suddenly?

Agomelatine is not addictive. There is no problem stopping agomelatine suddenly, although your depression can return if treatment is stopped too early.

What should I do if I forget to take a dose of agomelatine?

If you forget a dose one night, just wait until the next evening.

Can I drink alcohol while I am taking agomelatine?

It is not thought that alcohol will make the side effects of agomelatine worse.

Will agomelatine affect my other medication?

Agomelatine has almost no drug interactions. The effects of agomelatine can sometimes be increased by fluvoxamine (an unlikely combination) and ciprofloxacin (an antibiotic).

What sort of side-effects might I get if I am taking agomelatine?

You may well get:

- Dizziness

Some people get no side effects at all and others may get some effects that are not listed here. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist.

Can I drive or cycle while I am taking agomelatine?

Agomelatine should not affect your ability to drive, but it can cause a little dizziness and lightheadedness. Until you know how agomelatine affects you, be careful about driving or operating machinery. You should be careful as it may slow down your reaction times.

The small print: This short leaflet is to help you understand about your medicine. You should also read the manufacturer's Patient Information Leaflet (PIL) or visit our website for more information. Do not share medicines with anyone else.