

Citalopram (pron. sit-al-o-pram)

What is citalopram used for?

Citalopram (also known as Cipramil[®]) is an SSRI and is mainly used to help treat the symptoms of depression, anxiety, social anxiety, obsessive thoughts, PTSD, panic, PMS and seasonal affective disorder.

What is the usual dose of citalopram?

The usual dose of citalopram is around 20mg to 40mg a day (up to 20mg a day in the elderly).

How and when should I take citalopram?

Swallow the tablets with at least half a glass of water whilst sitting or standing. For the liquid, use the dropper that comes with the bottle. It is best taken in the morning, with or after breakfast.

How long will citalopram take to work?

For depression, the effect will start in a week or two, and carry on building for the next few weeks. For some other conditions it may take up to 3 months to work fully.

How long will I need to keep taking citalopram for?

This will depend on why you are taking it and your history. It can be for at least 6 months or up to many years.

Can I stop taking citalopram suddenly?

Citalopram is not addictive but do not stop taking it suddenly, even if you feel better. Your symptoms can return if it is stopped too early. You might also get some flu-like symptoms.

What should I do if I forget to take citalopram?

Start again as soon as you remember if within about 12 hours of your next dose. After this just take the next dose as normal. Do not try to catch up by taking two doses at once as you may get more side-effects.

Can I drink alcohol while I am taking citalopram?

If you drink alcohol while taking citalopram it may make you feel more sleepy. This is particularly important if you need to drive or operate machinery and you must seek advice on this.

Will citalopram affect my other medication?

Citalopram has very few interactions with other medicines. Make sure your doctor knows if you are taking other antidepressants, some heart drugs, and benzodiazepines.

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

Most people get:	Some people also get:	A few people get	Rarely people can get:
<ul style="list-style-type: none"> • Nausea • Insomnia • Sexual problems 	<ul style="list-style-type: none"> • Sleepiness • Headache • Feeling less hungry • Diarrhoea 	<ul style="list-style-type: none"> • Restlessness or anxiety • Dry mouth • Tremor 	<ul style="list-style-type: none"> • Rashes and itchiness (see your doctor)

Do not be worried by this list of side effects. 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 citalopram?

You may feel a bit sleepy at first when taking citalopram. It may slow down your reaction times. Until this wears off, or you know how citalopram affects you, do not drive or operate machinery.

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.