THIS DOCUMENT IS FOR PERSONAL USE OF THE NAMED LICENCEE ONLY
LICENCEE DETAILS ARE AT THE BOTTOM OF EACH PAGE

Agomelatine (say: ag-o-mell-a-teen)

What is agomelatine used for?

- Agomelatine (Valdoxan®) is used to help treat the symptoms of depression (by reducing the time it takes to recover and to help stop the symptoms coming back)
- 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 so they do not get stuck in your throat
- Take your agomelatine at night
- If you are a shift-worker, take your agomelatine at bedtime
- You can take it 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.

Been depressed before but antidepressants don't help much? Been irritable, disinhibited, overactive, not sleeping, overspent? Bipolar in the family? If so, it's worth asking: "**Could it be bipolar?**"

How long will I need to keep taking agomelatine for?

- This will depend on your history
- For depression, it can be for at least 6 months or up to many years if the depression keeps 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 at the right time?

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

Can I drink alcohol while I am taking it?

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

Can I drive, cycle or operate a boat while I am taking agomelatine?

- Agomelatine should not affect your ability to drive, but it can cause a little dizziness and lightheadedness
- It can also slow down your reactions
- Until you know how agomelatine affects you, be careful about driving or operating machines.

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

Some people:

- Feel dizzy.

See your doctor (at least in the next 2 days) if you get:

- Dark urine, pale poo, jaundice (yellow-looking skin or eyes), stomach pain (more so just below the ribs), feeling very tired for no good reason
- Thoughts of harming yourself.

You **must** also see the CMI leaflet that comes with the medicine for the full list of side effects. Do not be too worried by this. Some people get no side effects. If you think you have side effects, ask your doctor, case manager or pharmacist.

☎ **Lifeline** provides 24hr telephone crisis support on 13 11 14 or visit www.lifeline.org.au for information & downloads

The small print: This short leaflet is to help you understand more about agomelatine. You **must** also read the manufacturer's Consumer Medicine Information (CMI) Leaflet. Do not share medicines with anyone else.

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