what should I avoid while taking citalopram?

- Over-the-counter supplements such as tryptophan or St. John's Wort
- Certain drugs such as:
  - tricyclics
  - lithium
  - other antidepressants
  - nonsteroidal anti-inflammatory drugs (NSAIDs)
  - aspirin
  - bupropion
  - dextromethorphan
  - St. John's Wort

how should I store citalopram?

- Store at room temperature. Do not use after the expiration date on the container.
- The bottle should be kept tightly closed.

what are the ingredients of citalopram?

- Active ingredient: citalopram hydrobromide USP
- Other ingredients: lactose, cornstarch, magnesium stearate, and dibasic calcium phosphate

how can I get the most benefit from citalopram?

- Follow the instructions provided by your healthcare provider.
- Take the medication regularly.
- Avoid missing doses.

what are the possible side effects of citalopram?

- Common:
  - headache
  - sleep problems
  - decreased appetite
  - weight loss

- Infrequent:
  - vomiting
  - diarrhea
  - stomach cramps

- Rare:
  - agitation
  - anxiety
  - dizziness
  - constipation

- More severe:
  - fever
  - rigors
  - tremors
  - hallucinations
  - confusion

- Others:
  - dry mouth
  - fast heartbeat
  - low blood pressure

how do I stop taking citalopram?

- It is important to stop taking citalopram gradually to avoid withdrawal symptoms.
- Follow your healthcare provider's instructions for tapering off the medication.

possible side effects:

- Anticholinergic effects (e.g., dry mouth, constipation, difficulty urinating)
-QT prolongation
- Torsade de Pointes

Other information:

- Pregnant women should discuss the benefits and risks of taking citalopram.
- Children and adolescents should be monitored for symptoms of serotonin syndrome.
- Avoid driving or operating heavy machinery until you know how the medication affects you.

Adverse Events:

<table>
<thead>
<tr>
<th>Adverse Event</th>
<th>Citalopram Group</th>
<th>Placebo Group</th>
<th>p Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nausea</td>
<td>3</td>
<td>2</td>
<td>0.002</td>
</tr>
<tr>
<td>Vomiting</td>
<td>2</td>
<td>1</td>
<td>0.03</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>2</td>
<td>1</td>
<td>0.05</td>
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<tr>
<td>Abdominal pain</td>
<td>1</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td>3</td>
<td>2</td>
<td>0.005</td>
</tr>
<tr>
<td>Fatigue</td>
<td>5</td>
<td>3</td>
<td>0.001</td>
</tr>
<tr>
<td>Myalgia</td>
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<tr>
<td>Rash</td>
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<td></td>
</tr>
<tr>
<td>Pruritus</td>
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<td></td>
</tr>
<tr>
<td>Increased liver enzymes</td>
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</tr>
<tr>
<td>Transient hepatic necrosis</td>
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<td>0</td>
<td></td>
</tr>
<tr>
<td>Increased bilirubin</td>
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<td>0</td>
<td></td>
</tr>
<tr>
<td>Increased AST/ALT</td>
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<td>0</td>
<td></td>
</tr>
</tbody>
</table>

DRUG Interactions:

- Do not take with alcohol.
- Avoid other medications that may cause drowsiness.
- Consult your healthcare provider before taking any new medications.

Pregnancy:

- Citalopram is classified as Category C.
- Use during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Lactation:

- Citalopram is excreted in breast milk.
- Consult your healthcare provider if you are breastfeeding.

Pediatric Use:

- Safety and effectiveness in children have not been established.

Geriatric Use:

- Elderly patients may be more sensitive to the effects of citalopram.
- Adjust the dose accordingly.

Other Information:

- Do not abruptly stop taking citalopram.
- Consult your healthcare provider if you experience any side effects.

Addendum:

- Citalopram is not approved for the treatment of psychiatric disorders in children.
- Citalopram is not approved for the treatment of depression in children and adolescents.
- Citalopram is not approved for the treatment of anxiety disorders in children.
- Citalopram is not approved for the treatment of bipolar disorder in children.
- Citalopram is not approved for the treatment of postoperative pain in children.

References:

- FDA prescribing information for citalopram.
- Clinical trials data for citalopram.
- Meta-analysis of SSRI use and suicidality in children and adolescents.
- Surveillance studies of SSRI use and suicidality in children and adolescents.

Further reading:


Note: This summary is not a complete guide to citalopram. Always consult your healthcare provider for specific advice and guidance.