

Package leaflet: Information for the patient

Magrilan 20mg capsules

Fluoxetine hydrochloride

EIGHT IMPORTANT THINGS YOU NEED TO KNOW ABOUT MAGRILAN

- **Magrilan treats depression and anxiety disorders.** Like all medicines it can have unwanted effects. It is therefore important that you and your doctor weigh up the benefits of treatment against the possible unwanted effects, before starting treatment.
- **Magrilan is not for use in children and adolescents under 18.** See section 2, Use in children and adolescents aged 8 to 18 years.
- **Magrilan won't work straight away.** Some people taking antidepressants feel worse before feeling better. Your doctor should ask to see you again a couple of weeks after you first start treatment. Tell your doctor if you haven't started feeling better. See section 3.
- **Some people who are depressed or anxious think of harming or killing themselves.** If you start to feel worse, or think of harming or killing yourself, **see your doctor or go to a hospital straight away.** See section 2.
- **Don't stop taking Magrilan without talking to your doctor.** If you stop taking Magrilan suddenly or miss a dose, you may get withdrawal effects. See section 3 for further information.
- **If you feel restless and feel like you can't sit or stand still, tell your doctor.** Increasing the dose of Magrilan may make these feelings worse. See section 4.
- **Taking some other medicines with Magrilan can cause problems.** You may need to talk to your doctor. See section 2.
- **If you are pregnant or planning to get pregnant, talk to your doctor.** See section 2.

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.

This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What Magrilan is and what it is used for
2. What you need to know before you take Magrilan
3. How to take Magrilan
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1. What Magrilan is and what it is used for

Magrilan contains the active substance fluoxetine, which is one of a group of medicines called selective serotonin re-uptake inhibitor (SSRI) antidepressants.

This medicine is used to treat the following conditions:

Adults:

- Major depressive episodes
- Obsessive-compulsive disorder
- Bulimia nervosa: Magrilan is used alongside psychotherapy for the reduction of binge-eating and purging

Children and adolescents aged 8 years and above:

- Moderate to severe major depressive episode, if the depression does not respond to psychological therapy after 4-6 sessions. Magrilan should be offered to a child or young person with moderate to severe major depressive disorder **only** in combination with psychological therapy.

How Magrilan works

Everyone has a substance called serotonin in their brain. People who are depressed or have obsessive compulsive disorder or bulimia nervosa have lower levels of serotonin than others. It is not fully understood how Magrilan and other SSRIs work but they may help by increasing the level of serotonin in the brain.

Treating these conditions is important to help you get better. If it's not treated, your condition may not go away and may become more serious and more difficult to treat.

You may need to be treated for a few weeks or months to ensure that you are free from symptoms.

2. What you need to know before you take Magrilan

Do not take Magrilan:

- If you are allergic to fluoxetine or any of the other ingredients of this medicine (listed in section 6). **If you develop a rash or other allergic reactions (like itching, swollen lips or face or shortness of breath), stop taking the capsules straight away and contact your doctor immediately**
- If you are taking metoprolol, used in cardiac failure.
- If you are taking other medicines known as irreversible non-selective monoamine oxidase inhibitors (e.g. iproniazid) (see Warnings and precautions and Other medicines and Magrilan).

Warnings and precautions

Talk to your doctor or pharmacist before taking Magrilan if any of the following applies to you:

- are taking other medicines used to treat depression, known as irreversible non-selective monoamine oxidase inhibitors (e.g. iproniazid) since serious or even fatal reactions can occur; these include symptoms similar to “serotonin syndrome”: hyperthermia, rigidity, myoclonus, confusion, irritability and extreme agitation progressing to delirium and coma.
- have epilepsy or fits. If you have a fit (seizures) or experience an increase in seizure frequency, contact your doctor immediately; Magrilan might need to be discontinued.
- suffer or have suffered from mania; if you have a manic episode, contact your doctor immediately because Magrilan might need to be discontinued.
- have diabetes (your doctor may need to adjust your dose of insulin or other antidiabetic treatment);
- have liver problems (your doctor may need to adjust your dosage)
- have heart problems; have glaucoma (increased pressure in the eye); are having ECT (electro-convulsive therapy) treatment;
- have a history of bleeding disorders or appearance of bruises or unusual bleeding;
- have on ongoing treatment with medicines that thin the blood or other medicines that may increase the risk of bleeding (see Other medicines and Magrilan)

- Are on ongoing treatment with tamoxifen (used to treat breast cancer) (see Other medicines and Magrilan);
- start to feel restless and cannot sit or stand still (akathisia). Increasing your dose of Magrilan may make this worse;
- you start to experience fever, muscle stiffness or tremor, changes in your mental state like confusion, irritability and extreme agitation; you may suffer from the so-called “serotonin syndrome” or “neuroleptic malignant syndrome”. Although this syndrome occurs rarely it may result in potentially life threatening conditions; **contact your doctor immediately**, Magrilan might need to be discontinued.

Thoughts of suicide and worsening of your depression or anxiety disorder.

If you are depressed and/or have anxiety disorders you can sometimes have thoughts of harming or killing yourself. These may be increased when first starting antidepressants, since these medicines all take time to work, usually about two weeks but sometimes longer.

You may be more likely to think like this:

- If you have previously had thoughts about killing or harming yourself.
- If you are a young adult. Information from clinical trials has shown an increased risk of suicidal behaviour in adults aged less than 25 years with psychiatric conditions who were treated with an antidepressant.

If you have thoughts of harming or killing yourself at any time, **contact your doctor or go to a hospital straight away.**

You may find it helpful to tell a relative or close friend that you are depressed or have an anxiety disorder, and ask them to read this leaflet. You might ask them to tell you if they think your depression or anxiety is getting worse, or if they are worried about changes in your behaviour.

Children and adolescents aged 8 to 18 years

Patients under 18 have an increased risk of side-effects such as suicide attempt, suicidal thoughts and hostility (predominantly aggression, oppositional behaviour and anger) when they take this class of medicines. Magrilan should only be used in children and adolescents aged 8 to 18 years for the treatment of moderate to severe major depressive episodes (in combination with psychological therapy) and it should not be used to treat other conditions.

Additionally, only limited information concerning the long-term safety of Magrilan on growth, puberty, mental, emotional and behavioural development in this age group is available. Despite this, and if you are a patient under 18, your doctor may prescribe Magrilan for moderate to severe major depressive episodes, in combination with psychological therapy because he/she decides that this is in your best interests. If your doctor has prescribed Magrilan for a patient under 18 and you want to discuss this, please go back to your doctor. You should inform your doctor if any of the symptoms listed above develop or worsen when patients under 18 are taking Magrilan.

Magrilan should not be used in the treatment of children under the age of 8 years.

You may notice „withdrawal effects” when you stop taking Magrilan (see section 3-If you stop taking Magrilan).

During Magrilan treatment, you may experience weight loss.

Allergic reactions sometimes serious (including skin, kidney, liver or lung) may occur. In this case stop taking the capsules straight away and contact your doctor immediately.

Other medicines and Magrilan

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Magrilan may affect the way some other medicines work (interaction), especially the following:

- certain monoamine oxidase inhibitors (MAOIs), some used to treat depression. Non-selective MAOIs **must not be used** with Magrilan as serious or even fatal reactions (serotonin syndrome) can occur (see section Do not take Magrilan). Treatment with Magrilan should only be started at least 2 weeks after discontinuation of an irreversible MAOI (for instance tranlycypromine). Some MAOIs type A (for instance moclobemide, linezolid, methylthioninium chloride (methylene blue)) and type B (selegiline) can be used with fluoxetine provided that your doctor monitors you closely.
- metoprolol used in cardiac failure as there is a risk of adverse events including excessive slow heart rate, which may be increased.
- mequitazine can increase the risk of some adverse events (such as QT prolongation).

- lithium, tramadol (a painkiller) , triptans (for migraine), tryptophan, St. John's Wort (*Hypericum perforatum*); there is an increased risk of serotonin syndrome when these drugs are taken with Magrilan. Your doctor will carry out more frequent check-ups.
- phenytoin (for epilepsy); because Magrilan may influence the blood levels of this drug, your doctor may need to introduce phenytoin more carefully and carry out check-ups when given with Magrilan.
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- medicines that may affect the heart's rhythm, e.g. Class IA and III antiarrhythmics, antipsychotics (e.g. fentiazine derivatives, pimozide, haloperidol), tricyclic antidepressants, certain antimicrobial agents (e.g. sparfloxacin, moxifloxacin, erythromycin IV, pentamidine), anti-malaria treatment particularly halofantrine, certain antihistamines (astemizole, mizolastine).
- tamoxifen (used to treat breast cancer), because Magrilan may change the blood levels of this drug and a reduction of the effect of tamoxifen cannot be excluded, your doctor may need to consider different antidepressant treatments.
- warfarin, NSAIDs or other medicines used to thin the blood (including clozapine, used to treat certain mental disorders, and aspirin); Magrilan may alter the effect of these medicines on the blood. If Magrilan treatment is started or stopped when you are taking warfarin, your doctor will need to perform certain tests.
- cyproheptadine; combination with Magrilan reduces the antidepressant activity of fluoxetine.
- drugs associated with hyponatremia (e.g. diuretics, desmopressin, carbamazepine and oxcarbazepine); concomitant use with Magrilan may increase the risk of low sodium concentration in the blood (hyponatremia).
- drugs which may lower the seizure threshold (for example, tricyclic antidepressants, other SSRIs, phenothiazines, butyrophenones, mefloquine, chloroquine, bupropion, tramadol); concomitant use may lead to an increased risk of seizures.

Magrilan with food, drink and alcohol

- You can take Magrilan with or without food, whatever you prefer.
- You should avoid alcohol while you are taking this medicine.

Pregnancy, breast-feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine

Pregnancy

Talk to your doctor as soon as possible if you are pregnant, if you might be pregnant, or if you're planning to become pregnant.

In babies whose mothers took fluoxetine during the first few months of pregnancy, there have been some reports suggesting an increased risk of birth defects affecting the heart. In the general population, about 1 in 100 babies are born with a heart defect. This increased to about 2 in 100 babies in mothers who took fluoxetine. You and your doctor may decide that it is better for you to gradually stop taking fluoxetine while you are pregnant. However, depending on your circumstances, your doctor may suggest that it is better for you to keep taking Magrilan.

When taken during pregnancy, particularly in the last 3 months of pregnancy, medicines like Magrilan may increase the risk of a serious condition in babies, called persistent pulmonary hypertension of the newborn (PPHN), making the baby breathe faster and appear bluish. These symptoms usually begin during the first 24 hours after the baby is born. If this happens to your baby you should contact your midwife and/or doctor immediately.

Caution should be exercised when used during pregnancy, especially during late pregnancy or just before giving birth since the following effects have been reported in new born children: irritability, tremor, muscle weakness, persistent crying, and difficulty in sucking or in sleeping.

Breast-feeding

Fluoxetine is excreted in breast milk and can cause side effects in babies. You should only breast-feed if it is clearly necessary. If breast-feeding is continued, your doctor may prescribe a lower dose of fluoxetine.

Fertility

Fluoxetine has been shown to reduce the quality of sperm in animal studies. Theoretically, this could affect fertility, but impact on human fertility has not been observed as yet.

Driving and using machines

Magrilan may affect your judgment or co-ordination. Do not drive or use machinery without advice from your doctor or pharmacist.

Magrilan contains lactose, which is a sugar. If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to use Magrilan

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Do not take more capsules than your doctor tells you.

Swallow the capsule whole with a drink of water. Do not chew the capsules.

The recommended dose is:

Adults

- **Depression:** The recommended dose is 1 capsule (20 mg) daily. Your doctor will review and adjust your dosage if necessary within 3 to 4 weeks of the start of treatment. If required, the dosage can be gradually increased up to a maximum of 3 capsules (60 mg) daily. The dose should be increased carefully to ensure that you receive the lowest effective dose. You may not feel better immediately when you first start taking your medicine for depression. This is usual because an improvement in depressive symptoms may not occur until after the first few weeks. Patients with depression should be treated for at least 6 months.
- **Bulimia nervosa:** The recommended dose is 3 capsules (60 mg) daily.
- **Obsessive-compulsive disorder:** The recommended dose is 1 capsule (20 mg) daily. Your doctor will review and adjust your dosage if necessary after 2 weeks of treatment. If required, the dosage can be gradually increased up to a maximum of 3 capsules (60 mg) daily. If no improvement is noted within 10 weeks, your doctor will reconsider your treatment.

Elderly

As for adults. Your doctor will increase the dose with more caution and the daily dose should generally not exceed 2 capsules (40 mg). The maximum dose is 3 capsules (60 mg) daily.

Use in children and adolescents aged above 8 years to 18 years with depression:

Treatment should be started and be supervised by a specialist. The starting dose is 10mg/day. After 1 to 2 weeks, your doctor may increase the dose to 20mg/day. The dose should be increased

carefully to ensure that you receive the lowest effective dose. Lower weight children may need lower doses. If there is a satisfactory response to treatment, your doctor will review the need for continuing treatment beyond 6 months. If you have not improved within 9 weeks, your doctor will reassess your treatment.

Liver impairment

If you have a liver problem or are using other medication that might affect Magrilan, your doctor may decide to prescribe a lower dose or tell you to use Magrilan every other day.

If you take more Magrilan than you should

If you take too many capsules, go to your nearest hospital emergency department (or casualty) or tell your doctor straight away.

Take the pack of Magrilan with you if you can.

Symptoms of overdose include: nausea, vomiting, seizures, heart problems (like irregular heart beat and cardiac arrest), lung problems and change in mental condition ranging from agitation to coma.

If you forget to take Magrilan

If you miss a dose, do not worry. Take your next dose the next day at the usual time. Do not take a double dose to make up for a forgotten dose.

- Taking your medicine at the same time each day may help you to remember to take it regularly.

If you stop taking Magrilan

Do not stop taking Magrilan without asking your doctor first, even when you start to feel better.

It is important that you keep taking your medicine.

Make sure you do not run out of capsules.

You may notice the following effects (withdrawal effects) when you stop taking Magrilan: dizziness; tingling feelings like pins and needles; sleep disturbances (vivid dreams, nightmares, inability to sleep); feeling restless or agitated; unusual tiredness or weakness; feeling anxious; nausea/vomiting (feeling sick or being sick); tremor (shakiness); headaches.

Most people find that any symptoms on stopping Magrilan are mild and disappear within a few weeks. If you experience symptoms when you stop treatment, contact your doctor.

When stopping Magrilan, your doctor will help you to reduce your dose slowly over one or two weeks - this should help reduce the chance of withdrawal effects.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you have thoughts of harming or killing yourself at any time, contact your doctor or go to a hospital straight away (see Section 2).

If you get a rash or allergic reaction such as itching, swollen lips/tongue or wheezing/shortness of breath, **stop taking the capsules straight away and tell your doctor immediately.**

If you feel restless and cannot sit or stand still, you may have akathisia; increasing your dose of Magrilan may make you feel worse. If you feel like this, **contact your doctor.**

Tell your doctor immediately if your skin starts to turn red or you develop a varied skin reaction or your skin starts to blister or peel. This is very rare.

The most frequent side effects (very common side effects that may affect more than 1 in 10 people) are:

- insomnia,
- headache,
- diarrhoea,
- feeling sick (nausea) and
- fatigue.

Some patients have had:

- a combination of symptoms (known as “serotonin syndrome”) including unexplained fever with faster breathing or heart rate, sweating, muscle stiffness or tremor, confusion, extreme agitation or sleepiness (only rarely);
- feelings of weakness, drowsiness or confusion mostly in elderly people and in (elderly) people taking diuretics (water tablets);

- prolonged and painful erection;
- irritability and extreme agitation.
- heart problems, such as fast or irregular heart rate, fainting, collapsing or dizziness upon standing which may indicate abnormal functioning of the heart rate.

If you have any of the above side effects, you should tell your doctor immediately.

The following side effects have also been reported in patients taking Magrilan.

Common (may affect up to 1 in 10 people)

- not feeling hungry, weight loss
- nervousness, anxiety
- restlessness, poor concentration
- feeling tense
- decreased sex drive or sexual problems (including difficulty maintaining an erection for sexual activity)
- sleep problems, unusual dreams, tiredness or sleepiness
- dizziness
- change in taste
- uncontrollable shaking movements
- blurred vision
- rapid and irregular heartbeat sensations flushing
- yawning
- indigestion, vomiting
- dry mouth
- rash, urticaria, itching
- excessive sweating
- joint pain
- passing urine more frequently
- unexplained vaginal bleeding
- feeling shaky or chills

Uncommon (may affect up to 1 in 100 people)

- feeling detached from yourself

- strange thinking
- abnormally high mood
- orgasm problems
- thoughts of suicide or harming yourself
- teeth grinding
- muscle twitching, involuntary movements or problems with balance or co-ordination
- memory impairment
- enlarged (dilated) pupils
- ringing in the ears
- low blood pressure
- shortness of breath
- nose bleeds
- difficulty swallowing
- hair loss
- increased tendency to bruising
- unexplained bruising or bleeding
- cold sweat
- difficulty passing urine
- feeling hot or cold

Rare (may affect up to 1 in 1000 people)

- low levels of salt in the blood
- reduction in blood platelets, which increases risk of bleeding or bruising
- reduced white blood cells
- untypical wild behaviour
- hallucinations
- agitation
- panic attacks
- confusion
- aggression
- stuttering
- fits
- vasculitis (inflammation of a blood vessel)

- rapid swelling of the tissues around the neck, face, mouth and/or throat
- pain in the tube that takes food or water to your stomach
- hepatitis
- lung problems
- sensitivity to sunlight
- muscle pain
- problems urinating
- producing breast milk
- abnormal liver function test results (transaminases increased; gamma-glutamyl transferase increased)
- Stevens-Johnson Syndrome and Toxic Epidermal Necrolysis (Lyell Syndrome)

Bone fractures - an increased risk of bone fractures has been observed in patients taking this type of medicines.

Most of these side effects are likely to disappear with continued treatment.

Additional side effects in children and adolescents (8-18 years)

In addition to the possible side effects listed above, Magrilan may slow growth or possibly delay sexual maturity. Suicide-related behaviours (suicide attempt and suicidal thoughts), hostility, mania, and nose bleeds were also commonly reported in children.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly to the Pharmaceutical Services, Ministry of Health, CY-1475, www.moh.gov.cy / phs Fax: +35722608649. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Magrilan

Keep this medicine out of the sight and reach of children.

Store below 25°C, in the original package, in order to protect from light and moisture.

Do not use this medicine after the expiry date which is stated on the carton after EXP. The expiry date refers to the last day of that month. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Magrilan contains

- The active substance is fluoxetine hydrochloride. Each capsule contains 20mg fluoxetine base as fluoxetine hydrochloride.
- The other ingredients are: lactose monohydrate, Cellulose microcrystalline, Magnesium stearate and capsule shell consisting of Patent blue V (E131), titanium dioxide (E171), and gelatine.

What Magrilan looks like and contents of the pack

Magrilan capsules are blue-white hard gelatin capsule of size '4'.

Magrilan is supplied in PVC –Al blisters. Carton boxes containing 10 and 30 capsules along with patient information leaflet are available.

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

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