

Citalopram (Celexa®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ Date _____

Initial Medication Instructions _____

What does this medication help to treat?

- Depressed, anxiety, irritable mood
- Difficulty thinking, concentrating, remembering
- Low energy or restless feeling
- Hopeless, guilty or worthless feeling

- Lack of interest or pleasure from things you used to enjoy
 - Thoughts of hurting yourself or of suicide
 - Sleeping or eating too much or not enough
- Citalopram is sometimes prescribed for other uses; ask your prescriber for more information.

Other Information

- You should start to notice some benefits of this medication within 1 to 2 weeks after starting therapy. If you have not experienced benefit after one month of treatment at the prescribed dose, contact your prescriber.
- Maximum benefits usually seen after 6 weeks or more.
- This medicine must be taken for several weeks before its full benefits are felt. Do not stop taking citalopram suddenly because you may experience dizziness, headache, nausea, sweating, increased heart rate or mild anxiety.
- If you are pregnant, or planning to get pregnant contact your doctor immediately.

Side Effects and Management

Common (greater than 10 in 100 clients on this medication)

Nausea	Take with food. Consult with prescriber if it becomes bothersome.
Dry mouth	Suck on sugarless gum or candy or melt bits of ice in your mouth. Call your prescriber if your mouth feels dry for more than 2 weeks.
Constipation	Drink plenty of water and increase fiber in your diet. Consult with your prescriber about other treatments.
Sleepiness or Insomnia	If sleepiness occurs, take at bedtime, if insomnia occurs, take in the morning. Discuss management strategies with your prescriber.
Sexual Dysfunction	Decreased interest in sex and/or inability to orgasm has been reported in women. Delayed ejaculation is possible in men. Consult with your prescriber. All are treatable.
Appetite changes	Consult with your prescriber if it continues or becomes bothersome.
Fatigue	Try regular exercise. Consult with your prescriber.
Increased sweating	Consult with your prescriber. He or she may adjust the dose or add or change your medications.

Uncommon (~1 to 10 in 100 clients on this medication)

Diarrhea, vomiting	Try taking the medication with food.
Dizziness	Get up slowly, and dangle your feet when rising from a chair, talk to your prescriber. Do not drive or operate machinery until you know how this medication affects you.
Headache	You may need Tylenol to relieve your headache. Talk to your prescriber if it becomes bothersome.
Agitation, anxiety	Typically short-term (1-5 days) as your system adjusts. Contact prescriber if persistent.

Rare (less than 1 in 100 clients on this medication)

Call your prescriber immediately if you experience any of these:	<ul style="list-style-type: none">▪ Jaundice▪ Edema▪ Low blood pressure▪ Fast or slow heart rate▪ Low blood sodium
<ul style="list-style-type: none">▪ Extreme restlessness or suicidal thoughts▪ Hallucinations▪ Rash▪ Bleeding▪ Muscle side effects	<p>**References: Clinical Psychopharmacology, LexiComp 2011**</p>

NOTE: This information is not intended to cover all possible uses, precautions, interactions, or adverse effects for this medication. If you have further questions about the medications you are taking, check with your prescriber.