

## 'Seroxat' Patient Information Leaflet

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'Seroxat' (logo)  
paroxetine

### What you should know about 'Seroxat' tablets

This leaflet tells you about your tablets. Please read it before you start taking them. If there is anything you do not understand, or you want to know more about your tablets, ask your doctor or pharmacist (chemist).

Please keep this leaflet. You may want to read it again.

### What is in your tablets?

Each 'Seroxat' tablet contains paroxetine hydrochloride. Each pack contains 15 or 28 or 30 or 50 or 100 or 500 tablets of either 20 mg or 30 mg doses.

The tablets also contain inactive ingredients. These are E341, E572 and sodium starch glycollate.

The tablets are also coated with Opadry YS-1-7003 (20 mg tablets) or Opadry YS-1-4256 (30 mg tablets). These coating materials contain E464.

### Who makes 'Seroxat'?

'Seroxat' is made by SmithKline Beecham Pharmaceuticals, Manor Royal, Crawley, Sussex.

Product licence holder: SmithKline Beecham plc, Brentford, trading as SmithKline Beecham Pharmaceuticals, Welwyn Garden City, Hertfordshire, England AL7 1EY.

### What is 'Seroxat'?

Everyone has a substance called serotonin in their body. Low levels of serotonin in the brain are thought to be a cause of depression and other related conditions. This medicine works by bringing the levels of serotonin back to normal.

'Seroxat' works by relieving symptoms of depression and any associated anxiety. It also treats obsessions, compulsions and panic attacks. These tablets are not addictive.

## Before you take 'Seroxat'

If you answer "yes" to any of the following questions, **do not** take this medicine. Go back to your doctor and ask what to do:

- Are you allergic to paroxetine?
- Are you pregnant or may you be pregnant soon?
- Are you breast feeding?
- Are you under 18?
- Do you have kidney or liver trouble?
- Do you have heart trouble?
- Do you suffer from epilepsy or mania (overactive and sometimes violent behaviour)?

Most people find that 'Seroxat' does not affect their normal daily lives. But, as with many medicines, you should take extra care when you are driving or operating machinery.

### Can you take 'Seroxat' while taking other medicines?

Always tell your doctor about any medicines you are taking. This means medicines you have bought for yourself as well as medicines the doctor has prescribed for you.

'Seroxat' may affect other anti-depressants, medicines containing tryptophan, medicines used to prevent fits (anti-convulsants), medicines used to thin the blood (anti-coagulants), and medicines used to treat other psychiatric conditions.

You should not take 'Seroxat' if you are taking monoamine oxidase inhibitors (MAOIs), or if you have taken them within the last two weeks.

If you are taking any other medicines, check with your doctor or pharmacist before taking 'Seroxat'. They will know if it is safe for you to do so.

You should avoid alcohol while you are taking this medicine.

### How to take your tablets

Take the dose that your doctor has recommended. You will find this printed on the label. The usual dose to treat depression is one 20 mg tablet a day, but your doctor may tell you to take up to 50 mg a day. The usual dose to treat obsessions, compulsions and panic attacks is two 20 mg tablets a day. Your doctor may increase this up to 50 mg a day if you suffer from panic attacks, or 60 mg a day if you suffer from obsessions or compulsions. If you suffer panic attacks, your doctor should start you on a lower dose and increase it gradually.

Take 'Seroxat' each morning after you have eaten. Swallow the tablets whole with a drink of water.

Some people find that if they suddenly stop taking these tablets, they feel dizzy, shaky, sick, anxious, confused or have tingling sensations. They may also have difficulty sleeping and vivid dreams when they do sleep. But these symptoms are unusual and generally disappear after a few days. To avoid these symptoms, your doctor may tell you to take smaller doses or to spread doses further apart before you stop taking the tablets altogether.

### **How long should you take 'Seroxat' for?**

Like other drugs of this type, 'Seroxat' will not relieve your symptoms straight away. You should start to feel better after a week or two, although it may take longer. Even after you start to feel better it's important to keep taking your tablets for as long as your doctor recommends. This may be a number of months, but be patient. If you stop taking your tablets too soon, your symptoms may return. Remember that you cannot become addicted to 'Seroxat'.

### **What if you miss a dose?**

Leave out that dose completely. Take your next dose at the normal time. It is important to take the tablets each day until they are finished.

### **What if you take too many tablets?**

You should never take more tablets than your doctor recommends. If you take too many 'Seroxat' tablets, tell your doctor or hospital casualty department straight away. Show them your pack of tablets.

### **Does 'Seroxat' cause side effects?**

Any medicine can cause unwanted effects. With 'Seroxat', any side effects are usually mild and go away after the first few weeks of treatment.

The most likely side effect of 'Seroxat' is that you may feel slightly sick. Taking your medicine in the morning after food will reduce the chance of this happening.

When taking 'Seroxat' some people may have an upset stomach, a rash, or a dry mouth. They may sweat more than usual, or feel drowsy but be unable to sleep soundly. They may also lose their appetite or become constipated. Men may have difficulty having an erection or may find it difficult to ejaculate. All of these side effects will go once you stop taking the tablets.

Patients can occasionally feel dizzy, shaky or restless, or they may feel faint when they stand up. Very rarely, patients may experience facial, body or muscle spasm or sudden mood changes. There may also be a slight chance that your body's salt balance or any tests for liver function are affected for a while.

If you have any problems while taking 'Seroxat', tell your doctor or pharmacist.

### **Look after your tablets**

Keep your tablets in the pack with this leaflet.

Keep out of the reach of children.

Do not take your tablets after the "expiry" date shown on the pharmacist's label.

Never give these tablets to others, even if they have similar symptoms to you.

Finish all your tablets as the doctor tells you to.

### **More information about your condition**

#### **What is depression?**

Depression is a common illness. At any one time, one in 20 people will be suffering from it.

The balance of chemicals in the brain is also thought to affect the way we feel. Serotonin is one of these chemicals, and appears to be at low levels in people who are depressed.

It is important that, even when you begin to feel better, you keep taking your tablets until your doctor tells you to stop. This will reduce the chance of your depression returning.

#### **What are obsessions and compulsions?**

Obsessions and compulsions may affect about 1% of the population. They usually start at a young age and can affect anybody. Obsessions may be constant or may come and go over time.

Obsessions and compulsions can be helped by drug therapy and counselling, even if you have had them for many years.

#### **What are panic attacks?**

The symptoms of a panic attack may be different from one person to another. Most attacks are unexpected, usually starting with a feeling of fear or panic. Your heart may pound, your stomach may churn and you may sweat and tremble). Some people may be afraid to leave the house alone or go into public places in case they get another panic attack.

Panic attacks are common. They often start in early adult life but may come on at any time. Even if you have had panic attacks for many years, drug therapy and counselling can help.

## **Remember**

Depression is a common illness.  
It is not a sign of weakness.

It is nothing to be ashamed of.  
It can be treated successfully.

Now that you have seen your doctor, found out what is wrong and discovered it can be treated, you are already starting on the road to recovery.

SmithKline Beecham Pharmaceuticals has developed a Patient Support Programme designed to offer help and support to sufferers and their partners, friends and relatives. The service is free and provides educational information to help you on the road to recovery. To join the Patient Support Programme simply write to:

Freepost  
CV768  
RUGBY  
Warwickshire CV22 7BR.

Or call our recorded information line and leave your name and address:

PHONE.: 0645 406080  
All calls will be charged at the local rate

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