

Blooms The Chemist Sertraline

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Blooms The Chemist Sertraline?

Blooms The Chemist Sertraline contains the active ingredient sertraline hydrochloride. Blooms The Chemist Sertraline is used to treat depression and conditions called obsessive compulsive disorder (OCD) and panic disorder. For more information, see Section [1. Why am I using Blooms The Chemist Sertraline?](#) in the full CMI.

2. What should I know before I use Blooms The Chemist Sertraline?

Do not use if you have ever had an allergic reaction to sertraline hydrochloride or any of the ingredients listed at the end of the CMI. **Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.** For more information, see Section [2. What should I know before I use Blooms The Chemist Sertraline?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Blooms The Chemist Sertraline and affect how it works. A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use Blooms The Chemist Sertraline?

- Your doctor will tell you exactly how much to take depending on your condition.
- Swallow the tablet(s) with a full glass of water. The tablets can be broken in half, but should not be chewed.
- If you need to break Blooms The Chemist Sertraline hold the tablet with both hands and snap along the break-line. More instructions can be found in Section [4. How do I use Blooms The Chemist Sertraline?](#) in the full CMI.

5. What should I know while using Blooms The Chemist Sertraline?

Things you should do	<ul style="list-style-type: none">Remind any doctor, dentist or pharmacist you visit that you are using Blooms The Chemist Sertraline.Tell your doctor immediately if you have any suicidal thoughts or other mental/mood changes.If you become pregnant while taking this medicine, tell your doctor immediately.You should wait at least 14 days after stopping Blooms The Chemist Sertraline before starting medicines for depression or obsessive illnesses from the MAOI medicine group such as moclobemide, selegiline, phenelzine and tranylcypromine.
Things you should not do	<ul style="list-style-type: none">Do not stop taking your medicine or change the dose without checking with your doctor.Do not let yourself run out of tablets over the weekend or on holidays. Suddenly stopping Blooms The Chemist Sertraline can cause dizziness, light headedness, numbness, unusual tingling feelings or shakiness.
Driving or using machines	<ul style="list-style-type: none">Be careful driving or operating machinery until you know how Blooms The Chemist Sertraline affects you.
Drinking alcohol	<ul style="list-style-type: none">Although drinking moderate amounts of alcohol is unlikely to affect your response to Blooms The Chemist Sertraline, your doctor may suggest avoiding alcohol while you are taking this medicine.
Looking after your medicine	<ul style="list-style-type: none">Store tablets below 25°C.

For more information, see Section [5. What should I know while using Blooms The Chemist Sertraline?](#) in the full CMI.

6. Are there any side effects?

Common side effects: headache, dizziness, shaking or tremors, unusually overactive, muscle stiffness or weakness, decrease or loss of touch or other senses, sleepiness, drowsiness, impaired concentration, dry mouth, nausea, feeling sick. **Serious side effects:** agitation, nervousness, anxiety, frightening dreams, yawning, abnormal thinking, teeth grinding, symptoms of agitation, anxiety, fits or seizures, thoughts of suicide or attempting suicide or self-harm. For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

Blooms The Chemist Sertraline

Active ingredient(s): *sertraline hydrochloride*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Blooms The Chemist Sertraline. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Blooms The Chemist Sertraline.**

Where to find information in this leaflet:

- [1. Why am I using Blooms The Chemist Sertraline?](#)
- [2. What should I know before I use Blooms The Chemist Sertraline?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Blooms The Chemist Sertraline?](#)
- [5. What should I know while using Blooms The Chemist Sertraline?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Blooms The Chemist Sertraline?

Blooms The Chemist Sertraline contains the active ingredient sertraline hydrochloride. Blooms The Chemist Sertraline belongs to a group of medicines called selective serotonin reuptake inhibitors (SSRIs). It works by blocking the uptake of a chemical called serotonin into nerve cells in the brain. Serotonin and other chemicals called amines are involved in controlling mood.

Blooms The Chemist Sertraline is used to treat depression and conditions called obsessive compulsive disorder (OCD) and panic disorder.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Your doctor may have prescribed it for another reason.

2. What should I know before I use Blooms The Chemist Sertraline?

Warnings

Do not use Blooms The Chemist Sertraline if:

- you are allergic to sertraline hydrochloride, any other similar medicines such as other medicines in the same class (SSRIs) or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine. Some of the symptoms of an allergic reaction may include:
 - shortness of breath
 - wheezing or difficulty breathing
 - swelling of the face, lips, tongue or other parts of the body

- rash, itching or hives on the skin.
- you have epilepsy not properly controlled by medication
- are taking another medicine for depression called monoamine oxidase inhibitor (MAOI) or have been taking it within the last 14 days. Taking Blooms The Chemist Sertraline with a MAOI such as moclobemide, selegiline, phenelzine and tranylcypromine may cause a serious reaction with a sudden increase in body temperature, extremely high blood pressure and convulsions (fits).
- you are taking:
 - tryptophan (contained in protein-based foods or dietary proteins)
 - methadone (used to treat drug addiction)
 - dextromethorphan (used as a cough suppressant in cold and flu medications)
 - medicines used for pain management e.g. fentanyl, tapentadol, tramadol or pethidine
 - medicines used to treat migraine e.g. sumatriptan
 - phentermine, used to help weight loss.These medicines can cause an exaggerated response to Blooms The Chemist Sertraline.
- you are taking pimozide, used to treat disturbances in thinking, feeling and behaviour.

Check with your doctor if you:

- have any other medical conditions
 - epilepsy or seizures (fits)
 - liver or kidney problems
 - any other mental illness
 - a tendency to bleed more than normal
 - heart conditions causing irregular heartbeats
 - diabetes mellitus
 - glaucoma, an eye condition.
- take any medicines for any other condition

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

There have been reports that babies exposed to sertraline hydrochloride and other antidepressants during the third trimester of pregnancy may develop complications after birth.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Blooms The Chemist Sertraline passes into breast milk and may affect your baby.

Your doctor will discuss the risks and benefits of using this medicine when pregnant or breastfeeding.

Use in Children

- Do not give Blooms The Chemist Sertraline to children or adolescents under the age of 18 unless the doctor has prescribed it for the treatment of OCD. Blooms The Chemist Sertraline is not suitable for children under 6 years of age.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with Blooms The Chemist Sertraline and affect how it works. These include:

- monoamine oxidase inhibitors (MAOIs), medicines used for the treatment of depression.
Taking Blooms The Chemist Sertraline with, or within 14 days of stopping a MAOI may cause a serious reaction with a sudden increase in body temperature, extremely high blood pressure and convulsions.
- other MAOI drugs such as linezolid, an antibiotic used to treat pneumonia and certain skin infections
- other medicines used for depression, panic disorder, social anxiety disorder, obsessive illnesses (e.g. fluoxetine, paroxetine, fluvoxamine, citalopram, venlafaxine)
- lithium, a medicine used to treat mood swings
- tryptophan (contained in protein-based foods or dietary proteins)
- phentermine (weight-reducing medicines)
- dextromethorphan, used in cold and flu medicines to suppress cough
- medicines for strong pain management such as fentanyl, tapentadol, tramadol or pethidine
- methadone, a medicine used to treat drug addiction
- medicines used to relieve pain, swelling and other symptoms of inflammation, including arthritis (e.g. aspirin or NSAIDs such as ibuprofen or diclofenac)
- pimozide, used to treat disturbances in thinking, feeling and behaviour
- St John's wort, a herbal remedy used to treat mood disorders
- clozapine, a medicine used to treat schizophrenia
- medicines used to treat Attention Deficit Hyperactivity Disorder (ADHD) such as dexamphetamine and lisdexamphetamine
- diazepam or other medicines that act on the brain or nervous system
- phenytoin, a medicine used to treat epilepsy
- sumatriptan, a medicine used to treat migraine
- medicines for irregular heartbeats e.g. flecainide
- warfarin or other medicines that stop the blood from clotting
- cimetidine, a medicine used to treat reflux and ulcers
- antibiotics
- grapefruit.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Blooms The Chemist Sertraline.

4. How do I use Blooms The Chemist Sertraline?

Follow all directions given to you by your doctor or pharmacist carefully.

How much to take

- For depression in adults, the usual starting dose is one Blooms The Chemist Sertraline 50 mg tablet each day. The dose can be increased gradually up to a maximum dose of 200 mg a day if necessary.
- For obsessive compulsive disorder in children (6-12 years) the usual starting dose is 25 mg per day (half a 50 mg Blooms The Chemist Sertraline tablet), increasing to 50 mg per day after one week.
- For obsessive compulsive disorder in adults and adolescents (13-18 years) the usual starting dose is one 50 mg Blooms The Chemist Sertraline tablet each day.
- For panic disorder in adults the usual starting dose is 25 mg per day (half a 50 mg Blooms The Chemist Sertraline tablet), increasing to 50 mg per day after one week.
- The maximum recommended dose of Blooms The Chemist Sertraline for the conditions listed above is 200 mg per day.
- Ask your doctor or pharmacist if you are unsure of the correct dose for you.**
- They will tell you exactly how much to take.

When to take Blooms The Chemist Sertraline

- Take your medicine at about the same time each day, either in the morning or evening.**
Taking it at the same time each day will have the best effect. It will also help you remember when to take it.
- Blooms The Chemist Sertraline can be taken with or without food.

How to take Blooms The Chemist Sertraline

- Swallow the tablet(s) with a full glass of water.
- The tablets can be broken in half, but should not be chewed.
- If you need to break Blooms The Chemist Sertraline hold the tablet with both hands and snap along the break-line.

How to long to take Blooms The Chemist Sertraline

- Continue taking your medicine for as long as your doctor tells you.**
Most medicines for depression take time to work, so do not be discouraged if you do not feel better straight away.
It may take 2 to 4 weeks or even longer to feel the full benefit of this medicine.
Even when you feel well, you may need to take Blooms The Chemist Sertraline for several months or longer.
- Continue taking this medicine until your doctor tells you to stop.**

- **Do not stop taking Blooms The Chemist Sertraline, or change the dose, without first checking with your doctor.**

Occasionally the symptoms of depression or other psychiatric conditions may include thoughts of harming yourself or committing suicide. It is possible that these symptoms may continue or increase until the full anti-depressant effect of your medicine becomes apparent (i.e. one to two months).

- You or anyone close to you or caring for you should watch for these symptoms and tell your doctor immediately or go to the nearest hospital if you have any distressing thoughts or experiences during this initial period or at any other time.
- Contact your doctor if you experience any worsening of your depression or other symptoms at any time during your treatment.

If you forget to use Blooms The Chemist Sertraline

Take your dose as soon as you remember, and continue to take it as you would normally.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose you missed.

This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

If you use too much Blooms The Chemist Sertraline

If you think that you have used too much Blooms The Chemist Sertraline, you may need urgent medical attention.

If you take too many tablets you may feel drowsy, sick in the stomach (nausea, vomiting or diarrhoea), have fast or irregular heartbeats, suffer from tremors, feel agitated or dizzy. Coma has also been reported with overdose.

You should immediately:

- phone the Poisons Information Centre (**by calling 13 11 26**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using Blooms The Chemist Sertraline?

Things you should do

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking Blooms The Chemist Sertraline.

Tell any other doctors, dentists and pharmacists who treat you that you are taking this medicine.

Children should have regular check-ups with the doctor to monitor growth and development.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.

It may interact with other medicines used during surgery and cause unwanted side effects.

If you are about to have any urine tests, tell your doctor that you are taking this medicine.

It may interfere with the results of some tests.

Call your doctor straight away if you:

- **If you become pregnant while taking this medicine.** If you are a woman of child-bearing age, you should avoid becoming pregnant while taking Blooms The Chemist Sertraline.

- **Have any suicidal thoughts or other mental/mood changes.**

A worsening of depressive symptoms including thoughts of suicide or self-harm may occur in the first one or two months of you taking this medicine or when the doctor changes your dose. These symptoms should be controlled when the full effect of Blooms The Chemist Sertraline takes place.

Children, adolescents or young adults under the age of 24 years are more likely to experience these effects during the first few months of treatment.

Patients and caregivers should be alert and monitor for these effects.

Signs and symptoms of suicide include:

- thoughts or talk of death or suicide
- thoughts or talk of self-harm or harm to others
- any recent attempts of self-harm
- increase in aggressive behaviour, irritability or agitation
- worsening of depression.

All mention of suicide or violence must be taken seriously.

If you or someone you know is demonstrating these warning signs of suicide while taking Blooms The Chemist Sertraline, contact your doctor or a mental health professional right away.

Remind any doctor, dentist or pharmacist you visit that you are using Blooms The Chemist Sertraline.

Things you should not do

- Do not take Blooms The Chemist Sertraline to treat any other complaints unless your doctor tells you to.
- Do not give your medicine to anyone else, even if they have the same condition as you.
- Do not stop taking your medicine or change the dose without checking with your doctor.
- Do not let yourself run out of tablets over the weekend or on holidays.
Suddenly stopping Blooms The Chemist Sertraline can cause dizziness, light headedness, numbness, unusual tingling feelings or shakiness.

Things to be careful of

If you are feeling drowsy or are uncoordinated, be careful that you do not fall over.

Blooms The Chemist Sertraline, like other medicines in this class, may increase your risk of bone fracture.

You should wait at least 14 days after stopping Blooms The Chemist Sertraline before starting medicines for depression or obsessive illnesses from the MAOI medicine group such as moclobemide, selegiline, phenelzine and tranylcypromine.

All of the above precautions are important even after you have stopped taking Blooms The Chemist Sertraline.

The effects of Blooms The Chemist Sertraline may last for some days after you have stopped taking it.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Blooms The Chemist Sertraline affects you.

Some medicines for depression may affect your ability to drive or operate machinery or do things that could be dangerous if you are not alert.

Drinking alcohol

Tell your doctor if you drink alcohol.

Although drinking moderate amounts of alcohol is unlikely to affect your response to Blooms The Chemist Sertraline, your doctor may suggest avoiding alcohol while you are taking this medicine.

Looking after your medicine

- Keep your medicine in the original container. If you take it out of its original container it may not keep well.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place below 25°C away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date printed on the pack, if the packaging is torn or shows signs of tampering.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
Mood or brain related <ul style="list-style-type: none">• headache, dizziness, shaking or tremors, unusually overactive, muscle stiffness or weakness, decrease or loss of touch or other senses, sleepiness, drowsiness, impaired concentration• sleeping difficulties	Speak to your doctor if you have any of these less serious side effects and they worry you. They are generally mild and do not cause patients to stop taking Blooms The Chemist Sertraline.
Gut or Gastrointestinal related <ul style="list-style-type: none">• dry mouth, nausea, feeling sick, diarrhoea, indigestion, vomiting, stomach pain, constipation• increased or decreased appetite• weight increase or loss• inflammation of the colon (causing diarrhoea).	
Skin related <ul style="list-style-type: none">• unusual hair loss or thinning• increased sensitivity of the skin to sun	
Others <ul style="list-style-type: none">• increased sweating, rash and hives• tiredness, fever, feeling unwell• hot flush, high blood pressure• vision disturbance• menstrual irregularities, sexual problems, sexual dysfunction including impaired sexual function in males, difficulty in passing urine, blood in the urine, or increased frequency• persistent noise in the ears• tingling and numbness of hands and feet	

Serious side effects

Serious side effects	What to do
<p>Mood or brain related</p> <ul style="list-style-type: none"> fits or seizures thoughts of suicide or attempting suicide or self-harm agitation, nervousness, anxiety, frightening dreams, yawning, abnormal thinking, teeth grinding, symptoms of agitation, anxiety, dizziness, headache, nausea and tingling or numbness of the hands and feet after stopping Blooms The Chemist Sertraline uncontrollable movements of the body, shuffling walk, unusual weakness sudden onset of severe headache <p>Muscles or joint related</p> <ul style="list-style-type: none"> uncontrollable muscle spasms affecting the eyes, head, neck and body, temporary paralysis or weakness of muscles lockjaw painful, swollen joints <p>Lungs related</p> <ul style="list-style-type: none"> difficulty in breathing, wheezing or coughing <p>Heart related</p> <ul style="list-style-type: none"> palpitations, fainting or chest pain irregular heartbeats <p>Allergy related</p> <ul style="list-style-type: none"> signs of allergy such as rash or hives, swelling of the face, lips or tongue, wheezing or difficulty breathing <p>Skin related</p> <ul style="list-style-type: none"> severe blisters and bleeding in the lips, eyes, mouth, nose and genitals <p>Others</p> <ul style="list-style-type: none"> symptoms of sudden fever with sweating, fast heart beat and muscle stiffness, which may lead to loss of consciousness fever, sore throat, swollen glands, mouth ulcers, unusual bleeding or bruising under the skin 	<p>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</p>

<ul style="list-style-type: none"> abnormal bleeding including vaginal bleeding 	
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Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people. Some of these side effects (e.g., changes in thyroid function, liver function or glucose control) can only be found when your doctor does tests from time to time to check your progress.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What Blooms The Chemist Sertraline contains

Active ingredient (main ingredient)	sertraline hydrochloride
Other ingredients (inactive ingredients)	<ul style="list-style-type: none"> microcrystalline cellulose calcium hydrogen phosphate dihydrate hypromellose sodium starch glycollate magnesium stearate hypromellose purified talc titanium dioxide

Do not take this medicine if you are allergic to any of these ingredients.

What Blooms The Chemist Sertraline looks like

Blooms The Chemist Sertraline 50mg – white, capsule shaped, scored, film-coated tablet, marked with SE|50 on one side (Aust R 421509).

Blooms The Chemist Sertraline 100mg – white, capsule shaped, scored, film-coated tablet, marked with SE|100 on one side (Aust R 421510).

Pack size of 30 tablets.

Who distributes Blooms The Chemist Sertraline

Sandoz Pty Ltd

100 Pacific Highway

North Sydney NSW 2060

Australia

Tel: 1800 726 369

This leaflet was prepared in December 2023.