

# NortriTABS

## 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.

This medicine is new or being used differently. Please report side effects. See the [full CMI](#) for further details.

### 1. Why am I using NortriTABS?

NortriTABS contains the active ingredient Nortriptyline hydrochloride insert active ingredient. NortriTABS is used to treat depression.

For more information, see Section [1. Why am I using NortriTABS?](#) in the full CMI.

### 2. What should I know before I use NortriTABS?

Do not use if you have ever had an allergic reaction to Nortriptyline 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 NortriTABS?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with NortriTABS 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 NortriTABS?

The usual adult dose for NortriTABS is 75 to 100 mg daily, in 3 or 4 divided doses. For elderly patients, 25 to 50 mg daily in divided doses is recommended.

More instructions can be found in Section [4. How do I use NortriTABS?](#) in the full CMI.

### 5. What should I know while using NortriTABS?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist or pharmacist you visit that you are using NortriTABS.</li><li>• If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not stop using this medicine suddenly.</li><li>• Do not stop taking your medicine or lower the dosage without checking with your doctor.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• Be careful driving or operating machinery until you know how NortriTABS affects you.</li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>• Be careful when drinking alcohol while you are taking this medicine</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Keep your tablets in a cool dry place where the temperature stays below 25°C.</li></ul>

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

### 6. Are there any side effects?

Common side effects include drowsiness, nausea or vomiting, diarrhoea and stomach pain.

Serious side effects include body temperature changes (low and high), difficulty in breathing, palpitations

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.

# NortriTABS

Active ingredient(s): *Nortriptyline hydrochloride*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using NortriTABS. **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 NortriTABS.**

Where to find information in this leaflet:

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

## 1. Why am I using NortriTABS?

NortriTABS contains the active ingredient **Nortriptyline hydrochloride**. NortriTABS is used to treat depression.

There are many different types of medicines used to treat depression. **NortriTABS belongs to a group of medicines called tricyclic antidepressants (TCAs)**. TCAs are thought to work by their action on brain chemicals called amines, which are involved in controlling mood.

## 2. What should I know before I use NortriTABS?

### Warnings

**Do not use NortriTABS if:**

- you are allergic to Nortriptyline hydrochloride, or any of the ingredients listed at the end of this leaflet.
- Always check the ingredients to make sure you can use this medicine.
- you are allergic to any other similar medicines such as other tricyclic antidepressants.

**Check with your doctor if you:**

- are taking another medicine for depression called a monoamine oxidase inhibitor (MAOI), or have been taking a MAOI within the last 14 days.
- are taking another medicine for sedation or anxiety. If you take both medicines together, you may have an allergic reaction. take any medicines for any other condition
- have an irregular heartbeat or have had a heart attack within the previous 8 weeks.

- have or have had any of the following medical conditions:
- heart disease
- diabetes
- glaucoma (increased pressure in the eye)
- difficulty in urinating
- thyroid problems
- epilepsy or seizures
- mental illnesses such as mania or schizophrenia.

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.

It may affect your developing baby if you take it during pregnancy.

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

## 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 and NortriTABS may interfere with each other. These include:

- cimetidine, a medicine used to treat ulcers and gastric reflux
- fluoxetine, a medicine used to treat depression
- quinidine, a medicine used to treat heart disease
- chlorpropamide, a medicine used to treat diabetes
- carbamazepine, a medicine used to treat epilepsy
- medicines used to treat high blood pressure
- medicines used to treat thyroid problems.

These medicines may be affected by NortriTABS or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect NortriTABS.**

## 4. How do I use NortriTABS?

### How much to take

- Your doctor will tell you how much NortriTABS you need to take each day.
- The usual adult dose for NortriTABS is 75 to 100 mg daily, in 3 or 4 divided doses. For elderly patients, 25 to 50 mg daily in divided doses is recommended.
- Your doctor may increase or decrease your dose depending on your condition.
- Swallow the tablets whole with a full glass of water.

### When to take NortriTABS

- NortriTABS should be used taken at about the same time(s) each day.
- Taking it at the same time each day will have the best effect. It will also help you remember when to take it

### How long to take it

- Continue taking your medicine for as long as your doctor tells you.
- For depression, the length of treatment will depend on how quickly your symptoms improve. Most antidepressants take time to work so don't be discouraged if you do not feel better right away. While some symptoms may be relieved sooner than others, NortriTABS commonly takes 2 to 4 weeks before you feel much better.
- If you do not start to feel better in about 4 weeks, check with your doctor.

### If you forget to use NortriTABS

NortriTABS should be used regularly at the same time each day.

**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.**

**Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.**

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

### If you use too much NortriTABS

If you think that you have used too much NortriTABS, you may need urgent medical attention.

**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.**

Symptoms of an overdose may include confusion, blurred vision, dizziness, body temperature changes (low and high), difficulty in breathing and increased heartbeat.

## 5. What should I know while using NortriTABS?

### Things you should do

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

### Call your doctor straight away if you:

- experience any of the following symptoms, especially if they are severe, you have not had these symptoms before, or they happen very suddenly:
  - anxiety or agitation
  - panic attacks
  - difficulty sleeping
  - hostility or impulsiveness
  - restlessness
  - overactivity or uninhibited behaviour
- you have any thoughts about suicide or doing harm to yourself.
- Mouth feels dry and this lasts for more than 2 weeks. NortriTABS can cause dry mouth.

### Warning signs of suicide:

- All thoughts or talk about suicide or violence are serious. If you or someone you know is showing the following warning signs, either contact your doctor or a mental health advisor right away, or go to the nearest hospital for treatment:
  - thoughts or talk about death or suicide
  - thoughts or talk about self-harm or doing harm to others
  - any recent attempts of self-harm
  - an increase in aggressive behaviour, or irritability or
  - agitation.

Remind any doctor, dentist or pharmacist you visit that you are using NortriTABS.

### Things you should not do

- Do not take NortriTABS 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 lower the dosage without checking with your doctor.
- Stopping NortriTABS suddenly may cause unwanted side effects, such as nausea, headache or generally feeling unwell.
- Your doctor may decide to reduce your dose, or the interval of your dose over 1 or 2 weeks.

### Driving or using machines

**Be careful before you drive or use any machines or tools until you know how NortriTABS affects you.**

NortriTABS may cause drowsiness in some people. If you feel drowsy, do not drive, operate machinery or do anything else that could be dangerous.

## Drinking alcohol

### Tell your doctor if you drink alcohol.

Be careful when drinking alcohol while you are taking this medicine.

Combining NortriTABS and alcohol can make you more sleepy, dizzy or light-headed.

Your doctor may suggest that you avoid alcohol while you are being treated with NortriTABS.

**Be careful to avoid exposure to sunlight while you are taking NortriTABS, as symptoms of sunburn may occur more quickly than normal.**

## Looking after your medicine

- Keep your tablet in the blister pack until it is time to take them.
- If you take the tablets out of the blister pack they may not keep well.
- Keep your tablets in a cool dry place where the temperature stays below 25°C.

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

Store it in a cool dry place 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.

## 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
<ul style="list-style-type: none"><li>• drowsiness</li><li>• blurred vision</li><li>• constipation</li><li>• diarrhoea and stomach pain</li><li>• nausea or vomiting</li><li>• dizziness or light-headedness (especially on standing rapidly)</li><li>• difficulty passing urine</li><li>• dry mouth</li><li>• weight gain or loss</li></ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p>

### Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none"><li>• body temperature changes (low and high)</li><li>• difficulty in breathing</li><li>• increased heartbeat (palpitations)</li></ul>	<p><b>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.</b></p>

**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.

### 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](http://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 NortriTABS contains

<b>Active ingredient (main ingredient)</b>	<ul style="list-style-type: none"><li>• 10 mg or 25 mg nortriptyline (as hydrochloride)</li></ul>
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"><li>• maize starch</li><li>• magnesium stearate</li><li>• magnesium stearate</li></ul>

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

## **What NortriTABS looks like**

NortriTABS tablets are available in 2 strengths, 10 mg and 25 mg.

NortriTABS tablets are available in packs of 50.

The 10 mg tablets are white to offwhite, round, biconvex, uncoated tablets, debossed 'NM' on one side and '10' on the other side.

Australia Registration Numbers:

10 mg: AUST R 220998

25 mg: AUST R 220997

## **Who distributes NortriTABS**

Amdipharm Mercury (Australia) Pty Ltd

Level 9, 76 Berry Street

North Sydney NSW 2060

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