ACTI-LIFT TABLETS 20 mg

Read all of this leaflet carefully before you start taking this medicine

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or your pharmacist.
- This medicine has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

Scheduling Status of the medicinal product

S5

(Proprietary) name, strength and pharmaceutical form

ACTI-LIFT Tablets 20 mg

citalopram hydrobromide equivalent to citalopram

1. What ACTI-LIFT Tablets Contain

- The active substance is citalopram hydrobromine 20 mg equivalent to Citalopram 20 mg.

The other ingredients are lactose monohydrate, microcrystalline cellulose, povidone, crospovidone, magnesium stearate, titanium dioxide, hydromellose, macrogol and iron oxides (red and yellow).

2. What ACTI-LIFT Tablets are used for

ACTI-LIFT contains citalopram which belongs to a group of medicines called anti-depressants. ACTI-LIFT is used for the treatment of depression and prevention of relapse, panic disorder with or without agoraphobia and obsessive compulsive disorder (OCD).

3. Before you take ACTI-LIFT Tablets

You should tell your doctor

- if you are pregnant or think you might be pregnant.
- if you are taking medicines belonging to a group of medicines called Monoamine Oxidase Inhibitors (MAOIs) or 14 days after discontinuation.
- If you have impaired ability to drive or operate machinery.

Do not take ACTI-LIFT Tablets:

- if you are hypersensitive (allergic) to citalopram or any of the other ingredients of ACTI-LIFT tablets.
- If your kidney is not working as well as it should.

Take special care with ACTI-LIFT Tablets:

If you suffer from kidney problems, inform your doctor before taking ACTI-LIFT

Pregnancy and breast-feeding

Safety in pregnancy and during lactation has not been established.

If you are pregnant or breast feeding your baby while taking this medicine, please consult your doctor, pharmacist or other health care professional for advice.

Taking other medicines with ACTI-LIFT Tablets:

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of ACTI-LIFT tablets with these medicines may cause undesirable interactions. Please tell your doctor, pharmacist or other healthcare professional, if you are taking any of the following:

- Monoamine Oxidase Inhibitors
- Imipramine
- Moclobemide
- Selegiline
- Sumatriptan

4. How to take ACTI-LIFT Tablets

Always take ACTI-LIFT tablets exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

For treatment of depression, the recommended dose is 20 mg daily. The tablets may be taken in the morning or evening, not necessarily with food. Your doctor may increase the dose to 60 mg daily if necessary.

For treatment of panic disorder, the recommended dose is 10mg for the first week before increasing the dose to 20 mg. Your doctor may increase the dose to a maximum of 60 mg, if necessary.

For the treatment of Obsessive Compulsive disorder, the recommended initial dose is 20 mg. This

may be increased in increments of 20 mg to 60 mg daily if necessary.
Elderly patients, the recommended daily dose is 20 mg, and may be increased to 30 mg dependant on the patient.
Patients with reduced liver function, the dosage should be halved
Patients with mild to moderate impaired kidney function, there is no need to adjust the dosage.

If you take more ACTI-LIFT Tablets than you should:
Some of the following symptoms may appear if you take more tablets than you should:
Tiredness, weakness, sedation, dizziness, tremor, nausea and somnolence.
In the event of overdosage, consult your doctor or pharmacist immediately. If neither is available, seek help at the nearest hospital or poison control centre

If you forget to take ACTI-LIFT Tablets:
If you miss a dose, take your tablet as soon as you remember. But if it almost time for the next dose, do not take a double dose to make up for forgotten individual doses.

5. Possible side effects
As with any other medicine, ACTI-LIFT tablets may cause the following side effects:
Commonly reported side effects in are

- Headache, sweating, fatigue, tremor, weight loss/weight gain
- Palpitations, sleep disturbances, restlessness
- Nausea, constipation, diarrhoea, dyspepsia, dry mouth
- Constipation
- Blurred vision disturbances
- Urination disorders

Uncommon side effects are:

- Malaise, yawning, slow heartbeat
- Agitation, confusion, impaired concentration, decreased libido, ejaculation disorder, lack of orgasm
- Salivation, rash, nose congestion
- Convulsions, restlessness, impulsivity, aggressiveness, anxiety, panic attacks, lack of sleep, irritability, hypomania
- Hepatitis

- Yawning, hostility, suicidal ideas and self-harm

Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen while taking this medicine, please consult your doctor, pharmacist or other health care professional for advice.

Effect on the ability to drive and use machines

ACTI-LIFT may impair performance of skilled tasks. If affected, do not operate machinery or drive

6. Storing and disposing of ACTI-LIFT Tablets

Keep all medicines out of the reach and sight of children.

Store in tightly closed containers, at or below 25°C

Do not use after the expiry date stated on the carton

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets)

7. Presentation of ACTI-LIFT Tablets

ACTI-LIFT tablets are available in white opaque HDPE bottles, containing 100 and 500 tablets.

8. Identification of ACTI-LIFT Tablets

Pink, oval shaped, biconvex tablets with “G” engraved on one side and “11” on other side of the bisect on one face of the tablet and other face of the tablet being engraved with “20”.

9. Registration number

41/1.2/0297

10. Name and address of registration holder

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0157

11. Date of publication

18 March 2021