

## Information about Citalopram



This is an easy way to say...**Sit...al...o...pram**

### What is Citalopram?



Citalopram is a medication that will help if you have depression and panic disorder.

Citalopram can sometimes be called a different name like **Cipramil**.

Citalopram can be taken as tablets or liquid medicine.

### Where do I get Citalopram?



You can only get this medication with a prescription.

The doctor or consultant

- Will ask you questions about your health
- May also check your blood pressure
- Will ask you if you are taking other medication



## How do I take Citalopram?



The doctor will talk to you about how much Citalopram you need to take.

The doctor will tell you how to take your Citalopram. You need to take Citalopram for some time so that it works best.



You will usually take Citalopram in the morning.



If you forget to take your medication you must tell your carer and ask your doctor for advice.



You should not stop taking your medication suddenly as this could make you feel unwell.



## What is good about Citalopram?



Citalopram can help reduce depression and panic disorders.

Citalopram can help you get better quicker.



Citalopram can help stop you feeling low and fed up

Citalopram also helps you to stop feeling very angry or tense



## What is not good about Citalopram?



There are some health problems that people can get when they take Citalopram.

These problems are called **side effects** but not everyone gets them.

- Problems with sleeping
- Feeling very anxious and restless but this will get better in a few days.
- Feeling sick
- Have the runs
- Headache
- Constipation

You should eat a healthy diet and drink more water or fruit juice.

Usually these side effects go away after a few weeks.

You will need to speak to your doctor if you:

- Have a rash on your skin
- Lose interest in sex
- Lose or put on weight
- Feel unwell

**What other things do I need to talk to the doctor about?**



You should talk to your doctor if

- You are worried about your medication
- You want to know how much alcohol is safe to drink when taking medication
- You are planning to have a baby

**The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.**

**The full information sheet about Citalopram medication should also be given to the service user, carers and staff.**

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