

Medication Information

Citalopram (Site – al – o – pram)

Other names for this medication

Celexa[®]

There are many other names for this medication.

How this medication is used

This medication helps to improve mood and is used to treat depression. It helps balance chemicals in the brain.

It may take up to 4 weeks before you get the full effect of this medication.

How to take this medication

Take this medication exactly as directed by your health care provider at the same time each day. This medication can be taken with or without food.

This medication is usually taken once a day. If the medication makes you sleepy, take it in the evening. If the medication makes you feel active, take it in the morning.

Do not stop taking this medication without talking to your health care provider first. When it is time to stop taking this medication, your health care provider may slowly decrease the amount you take.

If you miss a dose of this medication, do not worry. Do not take the missed dose. Go back to your regular schedule.

This medication increases the effect of alcohol making you more sleepy, dizzy and lightheaded. Avoid drinking alcohol such as wine, beer or liquor while taking this medication.

While taking this medication you may notice

- upset stomach
- dry mouth
- headache
- nausea, diarrhea
- trouble sleeping
- feeling sleepy
- increased sweating
- tremor
- constipation

Many of these effects will go away as your body gets used to this medication. If not, contact your doctor.

Until you know how this medication makes you feel, do not drive or operate machinery.

To help dry mouth, try sucking sugar-free candy or chewing sugar-free gum. Sucking on ice chips also helps if you are not on a limited fluid diet. Good care of your teeth is very important at this time.

Contact your health care provider if you notice

- restless and excited feelings
- you feel less interested or able to have sex
- behavioural or emotional changes, including thoughts of self-harm or suicide