

REBOXETINE ('Edronax')

Re - boxy - teen

Why have I been prescribed reboxetine?

Reboxetine is an antidepressant. It is used to treat depression. Depression is a common condition. It is different from the normal "ups and downs" of everyday life. People with depression may feel sad most of the time and cannot see an end to their sadness. Tiredness and poor sleep are very common, and so are changes in appetite. Many people find that they simply cannot enjoy any of life's pleasures.

Depression can be treated in many ways. Certain "talking" therapies are also effective for some people. Antidepressants can generally be relied upon to relieve the symptoms of depression in most people.

What exactly is reboxetine?

Reboxetine is a relatively new kind of antidepressant, although it has been in use for several years. It is termed a NARI (a Noradrenaline Reuptake Inhibitor). It is not a tranquilliser or sleeping tablet. The trade or brand name of reboxetine is 'Edronax'.

Is reboxetine safe to take?

It is usually safe to have reboxetine regularly as prescribed by your doctor, but it doesn't suit everyone. Let your doctor know if any of the following apply to you, as extra care may be needed:

- a) if you have epilepsy, suffer from prostate problems, glaucoma, urinary retention, or heart, liver or kidney trouble
- b) If you are taking any other medication, especially if for heart problems;
- c) if you are pregnant, breast feeding, or wish to become pregnant.

What is the usual dose of reboxetine?

The starting dose of reboxetine is usually 4mg twice a day. The maximum dose of reboxetine is 6mg twice a day.

How should I take reboxetine?

Look at the label on your medicine; it should have all the necessary instructions on it. Follow this advice carefully. If you have any questions, speak to your pharmacist, doctor or nurse. Most medicines are now dispensed with an information leaflet for you to read.

What should I do if I miss a dose?

Never change your dose without checking with your doctor. If you forget a dose, take it as soon as you remember, as long as it is within a few hours of the usual time.

Is reboxetine addictive?

Reboxetine is not addictive, although some people do get some "discontinuation" effects if they stop taking some other antidepressants suddenly. These effects include anxiety, dizziness, feeling sick and not being able to sleep. Some people feel confused and "out of sorts". It is best to discuss this with your doctor. These types of symptoms are extremely rare with reboxetine.

What will happen to me when I start taking reboxetine?

All antidepressants work slowly. People tend to feel better over a period of weeks rather than days. Different symptoms may get better at different times. Most people find that they feel noticeably better after about two or three weeks. However, the full effect of antidepressants is usually felt only after about four to six weeks. It is very important to continue to take antidepressants so that the full effects can be felt. Speak to your pharmacist, doctor or nurse if you have any questions about this.

Unfortunately, you might get some side effects before you start to feel any better. Most side effects should go away after a few weeks. Look at the table over the page. It tells you what to do if you get any side effects. Not everyone will get the side effects shown. There are many other possible side effects. Ask your pharmacist, doctor or nurse if you are worried about anything else that you think might be a side effect.

Side effect	What is it?	What should I do if it happens to me?
COMMON		
CONSTIPATION	Feeling "bunged up" inside. You can't pass a motion or stool.	Eat more fibre e.g. bran, fruit and vegetables. Do more walking. Make sure you drink plenty of fluid. A mild laxative from a pharmacy might help.
DIZZINESS	Feeling light-headed and faint.	Don't stand up too quickly. Try and lie down when you feel it coming on. Don't drive.
DRY MOUTH	Not much saliva or spit.	Sugar-free boiled sweets, chewing gum or eating citrus fruits usually helps. If not, your doctor can give you a mouth spray. A change in medicine or dose may be possible.
INSOMNIA	Not able to sleep at night	If you are worried, contact your doctor. Try taking your second dose of the day in the evening rather than late at night.
SWEATING	Sweating more than normal.	If it is bad, see your doctor.
UNCOMMON		
IMPOTENCE	Difficulty in getting or keeping an erection.	Contact your doctor. He/she may be able to give you another antidepressant that doesn't cause this problem
POSTURAL HYPOTENSION	A low blood pressure. This can make you feel dizzy especially when you stand or get out of bed too quickly.	Try not to stand up or get out of bed too quickly. If you feel dizzy, don't drive. This dizziness is not dangerous. It may happen more at doses above 12mg a day.
TACHYCARDIA	A fast heart beat. It may feel like palpitations.	This is not usually dangerous. It can easily be treated if it lasts a long time.
URINARY HESITANCY	Difficulty in passing urine, especially if you are a man.	Contact your doctor now.
VERTIGO	Dizziness and light headedness. You may also feel sick.	Contact your doctor.

What about alcohol?

It is officially recommended that people taking reboxetine should not drink alcohol. This is because both reboxetine and alcohol can cause drowsiness. If the two are taken at the same time, severe drowsiness can result. This can lead to falls or accidents. As well as this, drinking alcohol often makes depression worse. Excessive drinking is especially likely to do this.

Once people are used to taking medication, they can sometimes drink alcohol in small amounts without any harm. Avoid alcohol altogether for the first one or two months. After this, if you want a drink, try a glass of your normal drink and see how you feel. If this doesn't make you feel drowsy, then it is probably OK to drink small amounts. It pays to be very cautious because alcohol affects people in different ways, especially when they are taking medication.

Don't stop taking your medication because you fancy a drink at the weekend. If you do drink alcohol, drink only small amounts. Never drink any alcohol and drive while on reboxetine. Discuss any concerns you may have with your doctor or pharmacist.

When I feel better, can I stop taking reboxetine?

No. If you stop taking reboxetine, your original symptoms may return. To reduce your chances of becoming depressed again, you may need to take your antidepressant for at least 6 months after you feel better, and sometimes longer. This is not thought to be harmful. You should decide with your doctor when you can come off it.

Remember, leaflets like this can only describe some of the effects of medication. You may find other books or leaflets also useful. If you have access to the internet you may find a lot of information there as well, but be careful, as internet based information is not always accurate.



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