

## NORTRIPTYLINE

*nor-trip-ti-leen*

### What does it do?

*Nortriptyline* is used to treat and prevent depression, and may also be used for other conditions including some types of pain.

### How should you take it?

Take *nortriptyline* regularly as directed with a glass of water, usually at night time.

### What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

### Can you take other medicines?

Some medicines available without a prescription may react with *nortriptyline* including:

- some antihistamines (may be in anti-allergy, anti-nausea and cough/cold medicines)
- cold and flu medicines containing dextromethorphan (e.g. Robitussin Dry Cough Forte®)
- anti-sickness medicines (e.g. Sea-legs®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs (e.g. ecstasy).

### What side effects might you notice?

Side Effects	Recommended action
Suicidal thoughts Fast or irregular heartbeat, fainting Muscle twitching or shaking you can't control, confusion, heavy sweating, fever	Tell your doctor immediately
Anxiety, restlessness	Tell your doctor
Drowsiness, dizziness, headache, trouble sleeping Dry mouth, changes in taste or vision, trouble peeing Constipation, weight gain More sensitive to sunlight (sunburn or rash) Changes in sexual function	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

### Other information:

- Tell your doctor if you have liver, heart, thyroid or prostate problems, or if you have trouble peeing.
- Tell your doctor if you have glaucoma, bipolar disorder, or if you have ever had a seizure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Your doctor may do a heart test (ECG) before you start and while you are taking *nortriptyline*.
- *Nortriptyline* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- Protect yourself from too much sunlight while being treated with *nortriptyline*. Always cover up and apply a thick layer of broad spectrum sunscreen (at least SPF 30) when outside. Do not use sunbeds.
- It may take a few weeks for *nortriptyline* to start working.
- If your depression continues to get worse, see your doctor.
- Do not stop taking *nortriptyline* without talking to your doctor first.