

# Reboxetine

(pronounced reb – oxy – teen)

## Why has reboxetine been prescribed?

Reboxetine is an antidepressant. This medication is prescribed to treat depression.

## What are the benefits of taking reboxetine?

Antidepressants are effective in reducing the severity of the symptoms of depression. They also shorten the time to recovery and prevent depression returning.

## Are there any precautions with reboxetine?

Reboxetine is suitable for most people. As with all medicines, however, there are precautions. Your prescriber will usually check that it is safe to prescribe reboxetine, but let your prescriber know if any of the following apply to you, as extra care may be needed:

- a) if you have epilepsy, glaucoma or suffer from heart, liver, kidney or prostate trouble.
- b) if you are taking any other medication, especially for high blood pressure, anticonvulsants, bipolar disorder, antidepressants, rifampicin, some antibiotics. Also, tell your prescriber if you buy any medicine 'over the counter' from a pharmacy or supermarket. Please also tell your prescriber if you take any alternative or complementary medicine such as Chinese herbal medicines. St John's Wort should not be taken by patients prescribed reboxetine.
- c) if you are pregnant, breast feeding, or wish to become pregnant.

## What is the usual dose of reboxetine?

The starting dose is usually 4mg twice a day. This may sometimes be increased after a few weeks. The usual dose of reboxetine may be between 8mg and 12mg.

## How should reboxetine be taken?

Reboxetine is usually taken twice a day. However, you and your prescriber may decide that it is better for you to take the medicine at another time.

## What form does reboxetine come in?

Reboxetine is available only as tablets. The tablets are available as 4mg.

## What should be done if a dose is missed?

If you forget a dose, take it as soon as you remember. If you miss a whole day's dose – just carry on as normal with the next due dose the following day. If you miss more than a day's dose, speak to your prescriber.

## What will happen when reboxetine is first taken?

Reboxetine, like many medicines, does not work straight away. For example, it may take several days or even weeks for some symptoms to improve. To begin with, some people find that reboxetine may help them feel more alert and less slowed down. Later, (usually in two to three weeks) other symptoms should begin to improve. Many people do not experience any side effects. However some people may experience some side effects. We have listed potential side effects in the table below, whether or not they are likely to be short or long-term and what measures can be taken is also described. There are other possible side effects – we have listed only the most important ones. Ask your doctor, pharmacist or nurse if you are worried about anything else that you think might be a side effect. Further information on side effects is available in the official manufacturer's leaflet.

## Reporting side effects

The 'Yellow Card' scheme encourages patients to report any side effects that they feel may be caused by their medication. Ask your doctor, pharmacist or nurse for the forms if you wish to report any side effects. Alternatively, telephone 0800 100 3352 or go to [www.mhra.gov.uk](http://www.mhra.gov.uk).

## Is reboxetine addictive?

Reboxetine is not addictive, but if you stop taking the medicine suddenly, you may experience unpleasant physical feelings. Symptoms include insomnia, agitation and anxiety. Reducing the dose of reboxetine slowly may make these symptoms less severe.

## What about alcohol?

It is recommended that people taking reboxetine should not drink alcohol. This is because both antidepressants and alcohol can cause drowsiness. If the two are taken together, severe drowsiness can result. This can lead to falls and accidents. As well as this, drinking alcohol may make depression and anxiety worse. However, once people are used to taking medication, then *very small amounts* of alcohol may not be harmful. It pays to be very careful, because alcohol affects people in different ways, especially when they are taking medication. Never drink alcohol and drive. Discuss any concerns you may have with your doctor, pharmacist or nurse.

**Is it OK to stop taking reboxetine when symptoms go away?**

No. If you stop taking reboxetine your original symptoms are very likely to return. Most people need to remain on reboxetine for at least six months after they have fully recovered. You should always discuss with your prescriber any plans you have to reduce or stop any of your prescribed medicines.

**Are there any alternatives to reboxetine?**

Yes, there are alternatives available. Although antidepressants have broadly similar therapeutic effects they differ in the side effects they produce. There are more than 20 antidepressants available so most people can find one which suits them. Psychological therapies can also help in some types of depression, either as an alternative to medication or alongside it.

**Summary of side effects**

Side effect	Side effect
<p><b>Constipation – Common</b></p> <p><b>What can be done about it?</b> Eat lots of fibre – fruit and vegetables are good sources. Drink plenty of fluids. Your prescriber may prescribe a laxative.</p> 	<p><b>Dry mouth - Common</b></p> <p><b>What can be done about it?</b> This should wear off within a few days. Sugar-free boiled sweets, chewing gum or eating citrus fruits may help. Discuss with your prescriber if this persists.</p> 
<p><b>Nausea – Common</b></p> <p><b>What can be done about it?</b> This should wear off within a few days. Taking the medication with food may help. Discuss with your prescriber if this persists.</p> 	<p><b>Insomnia or disturbed sleep – Common</b></p> <p><b>What can be done about it?</b> This should wear off within a few days. Reboxetine should be taken in the morning and afternoon. Discuss with your prescriber if it persists.</p> 
<p><b>Sweating - Common</b></p> <p><b>What can be done about it?</b> This sometimes wears off but may persist. Tell your prescriber if it becomes troublesome.</p> 	
(Other less common) side effects	How common is it and what can be done about it?
Impotence (men) difficulty in getting an erection	<b>Uncommon</b> Any changes should be reported to your prescriber. Treatment may be switched to another medicine which does not cause this side effect.
Loss of appetite	<b>Uncommon</b> This should wear off within a few days. Discuss with your prescriber if this persists.
Headache	<b>Uncommon</b> This should wear off within a few days. Paracetamol can be taken but discuss with your prescriber if this persists
Rash	<b>Rare</b> Stop taking reboxetine. Contact your doctor, pharmacist or nurse for advice.

Very common = almost everyone affected      Common = many people affected      Uncommon = some people affected  
Rare = few people affected      Very rare = very few or no one affected

## Disclaimer

*This leaflet is to help you understand more about your medication. This is not an official manufacturer's Patient Information Leaflet (see <http://www.medicines.org.uk/emc/>). Remember, leaflets like this can only describe some of the effects of medication. You may also find other books or leaflets 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. If in doubt consult your GP or a health care professional.*

***This leaflet has been supplied by:***

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