

**PART III: CONSUMER INFORMATION**

**Pr Sandoz Paroxetine  
paroxetine hydrochloride tablets**

This leaflet is part III of a three-part "Product Monograph" published when Sandoz Paroxetine was approved for sale in Canada and is designed specifically for consumers. This leaflet is a summary and will not tell you everything about Sandoz Paroxetine. Contact your doctor or pharmacist if you have any questions about the drug.

**Please read this information before you start to take your medication, even if you have taken this drug before. Keep this information with your medicine in case you need to read it again.**

**ABOUT THIS MEDICATION**

**What the medication is used for:**

Sandoz Paroxetine has been prescribed to you by your doctor to relieve your symptoms of:

- depression, (feeling sad, a change in appetite or weight, difficulty concentrating or sleeping, feeling tired, headaches, unexplained aches and pain)
- panic attacks
- social phobia (social anxiety disorder) – avoidance and/or fear of social situations
- generalized anxiety or nervousness
- obsessive compulsive disorder (recurrent and intrusive thought, feeling, idea or sensation; recurrent pattern of behavior, or unwanted thoughts or actions), or
- posttraumatic stress disorder (anxiety following a traumatic event, for example a car crash, physical assault, natural disaster such as an earthquake)

**What it does:**

Sandoz Paroxetine belongs to the family of medicines called selective serotonin reuptake inhibitors. Paroxetine is thought to work by increasing the levels of a chemical in the brain called serotonin (5-hydroxytryptamine).

**When it should not be used:**

Do not use Sandoz Paroxetine if you are:

- allergic to it or any of the components of its formulation (see list of components at the end of this section)
- currently taking or have recently taken monoamine oxidase (MAO) inhibitor antidepressants (e.g. phenelzine sulphate, moclobemide) or linezolid, a MAO inhibitor antibiotic
- currently taking or have recently taken thioridazine or pimozide

**What the medicinal ingredient is:**

Paroxetine hydrochloride.

**What the nonmedicinal ingredients are:**

Nonmedicinal ingredients include microcrystalline cellulose, mannitol, copovidone, sodium starch, glycolate, silica colloidal anhydrous, magnesium stearate, hypermellose, talc, titanium dioxide, lemon yellow #10 (10mg only) sunset yellow # 6 (10mg only) allura red lake # 40 (20 and 30 mg), brilliant blue lake (20 and 30 mg), indigotine lake (20 and 30 mg).

There is no ethanol, gluten, lactose, sulfite, or tartrazine in Sandoz Paroxetine.

**What dosage forms it comes in:**

Sandoz Paroxetine is available as a 10 mg yellow tablet, a 20 mg pink tablet, and a 30 mg blue tablet.

**WARNINGS AND PRECAUTIONS**

**During treatment with these types of medications it is important that you and your doctor have good ongoing communication about how you are feeling.**

Sandoz Paroxetine is not for use in children under 18 years of age.

**Changes in Feelings and Behaviour:**

It is important that you have good communication with your doctor about how you feel. Discussing your feelings and treatment with a friend or relative who can tell you if they think you are getting worse is also useful.

Some patients may feel worse when first starting or changing the dose of drugs such Sandoz Paroxetine. You may feel more anxious or may have thoughts of hurting yourself or others, especially if you have had thoughts of hurting yourself before. These changes in feelings can happen in patients treated with drugs like Sandoz Paroxetine for any condition, and at any age, although it may be more likely if you are aged 18 to 24 years old. **If this happens, see your doctor immediately.** Do not stop taking Sandoz Paroxetine on your own.

Taking Sandoz Paroxetine may increase your risk of breaking a bone if you are elderly or have osteoporosis or have other major risk factors for breaking a bone. You should take extra care to avoid falls especially if you get dizzy or have low blood pressure.

Medicines like Sandoz Paroxetine may affect your sperm. Fertility in some men may be reduced while taking Sandoz Paroxetine.

**BEFORE you use Sandoz Paroxetine tell your doctor or pharmacist:**

- all your medical conditions, including a history of seizures, liver or kidney disease, heart problems
- any medications (prescription or non-prescription) which you are taking or have recently taken, especially monoamine oxidase inhibitor antidepressants (e.g.

phenelzine sulphate, moclobemide) or any other antidepressants, thioridazine, pimozone, drugs used to prevent fits (anticonvulsants), drugs for Parkinson's disease, or drugs containing tryptophan

- if you are taking tamoxifen (used to treat breast cancer)
- if you have ever had any allergic reaction to medications, food, etc.
- any natural or herbal products you are taking (e.g. St. John's Wort)
- if you are pregnant or thinking about becoming pregnant, or if you are breast feeding
- your habits of alcohol and/or street drug consumption;
- if you drive a vehicle or perform hazardous tasks during your work
- if you had a recent bone fracture or were told you have osteoporosis or risk factors for osteoporosis
- if you have a bleeding disorder or have been told that you have low platelets

### **Effects on Pregnancy and Newborns**

As stated above, ask your doctor or pharmacist for advice before taking any medicine including Sandoz Paroxetine. **If you are already taking/using Sandoz Paroxetine and have just found out that you are pregnant, you should talk to your doctor immediately. You should also talk to your doctor if you are planning to become pregnant.**

### **Taking Sandoz Paroxetine in early stages of pregnancy:**

Some studies have suggested an increased risk of birth defects particularly heart defects, in babies whose mothers received paroxetine in the first few months of pregnancy. These studies found that about 2 in 100 babies (2%) whose mothers received paroxetine in early pregnancy had a heart defect, compared with the normal rate of 1 in 100 babies (1%) seen in the general population. Also, in cases where paroxetine has been used, there have been reports of premature births although it is not known if these premature births are due to the use of paroxetine.

### **Taking Sandoz Paroxetine in Later Stages of Pregnancy**

#### **Possible complications at birth (from taking any newer antidepressant, including Sandoz Paroxetine):**

Post-marketing reports indicate that some newborns whose mothers took an SSRI (selective serotonin reuptake inhibitor) or other newer antidepressant, during pregnancy have developed complications at birth requiring prolonged hospitalization, breathing support and tube feeding. Reported symptoms included feeding and/or breathing difficulties, seizures, tense or overly relaxed muscles, jitteriness and constant crying.

In most cases, the newer antidepressant was taken during the third trimester of pregnancy. These symptoms are consistent with either a direct adverse effect of the antidepressant on the baby, or possibly a discontinuation syndrome caused by sudden withdrawal from the drug. These symptoms normally resolve over time. However, if your baby experiences any of these symptoms, contact your doctor as soon as you can.

### **Persistent Pulmonary Hypertension (PPHN) and newer antidepressants, including Sandoz Paroxetine:**

The use of Sandoz Paroxetine during pregnancy, particularly during late pregnancy, may increase the risk of a serious lung condition called persistent pulmonary hypertension of the newborn (PPHN) that causes breathing difficulties in newborns soon after birth. In the general population, PPHN is known to occur in about 1 or 2 per 1000 newborns but this may be increased 4 to 6 times in babies whose mothers used paroxetine during late pregnancy.

If you are pregnant and taking an SSRI, or other newer antidepressants, you should discuss the risks and benefits of the various treatment options with your doctor. It is very important that you do NOT stop taking these medications without first consulting your doctor. See SIDE EFFECTS AND WHAT TO DO ABOUT THEM section for more information.

### **Angle-closure Glaucoma:**

Sandoz Paroxetine can cause an acute attack of glaucoma. Having your eyes examined before you take Sandoz Paroxetine could help identify if you are at risk of having angle-closure glaucoma. Seek immediate medical attention if you experience:

- eye pain
- changes in vision
- swelling or redness in or around the eye

## **INTERACTIONS WITH THIS MEDICATION**

**Do not use Sandoz Paroxetine if you are taking or have recently taken (within the last 2 weeks) monoamine oxidase inhibitors, methylthionium chloride (methylene blue), thioridazine, or pimozone.**

**You should tell your doctor if you are taking or have recently taken any medications (prescription, non-prescription or natural/herbal), especially:**

- other antidepressants, such as SSRIs and certain tricyclics
- other drugs that affect serotonin such as, lithium, linezolid, tramadol, tryptophan, St. John's Wort, triptans used to treat migraines
- certain medicines used to treat pain, such as fentanyl (used in anaesthesia or to treat chronic pain), tramadol, tapentadol, meperidine, methadone, pentazocine
- tamoxifen, which is used to treat breast cancer or fertility problems
- certain medicines used to treat patients with irregular heart beats (arrhythmias)
- certain medicines used to treat schizophrenia
- certain medicines used to treat bipolar depression, such as lithium
- a combination of fosamprenavir and ritonavir, used to treat Human Immunodeficiency Virus (HIV) infection
- procyclidine, which is used to treat Parkinson's Disease or other movement disorders

## IMPORTANT: PLEASE READ

- metoprolol, which is used to treat high blood pressure and angina
- certain medicines which may affect blood clotting and increase bleeding, such as oral anticoagulants (e.g. warfarin, dabigatran), acetylsalicylic acid (e.g. aspirin) and other non-steroidal anti-inflammatory drugs (e.g. ibuprofen)
- certain medicines used to treat epilepsy
- in general, drinking alcoholic beverages should be kept to a minimum or avoided completely while taking Sandoz Paroxetine
- certain medicines used to treat cough, such as dextromethorphan

### PROPER USE OF THIS MEDICATION

#### Usual Dose:

- It is very important that you take Sandoz Paroxetine exactly as your doctor has instructed. Generally most people take between 20 mg to 40 mg of Sandoz Paroxetine per day for depression, obsessive-compulsive disorder, panic disorder, social phobia (social anxiety disorder), generalized anxiety disorder and posttraumatic stress disorder; although your doctor may start you at 10 mg per day for panic disorder
- Take your tablets in the morning, preferably with food. You should swallow the tablets whole with water. Do not chew them
- You should continue to take your medicine even if you do not feel better, as it may take a number of weeks for your medicine to work
- Keep taking your tablets, as instructed, until the doctor tells you to stop
- Talk to your doctor before you stop taking your medication on your own

**Remember: This medicine has been prescribed only for you. Do not give it to anybody else, as they may experience undesirable effects, which may be serious.**

#### Missed Dose:

If you forget to take your tablet in the morning, take it as soon as you remember. Take your next dose at the normal time the next morning, then carry on as before. Do not try to make up for a missed dose by taking a double dose the next time.

#### Overdose:

If you think you have taken too much Sandoz Paroxetine, contact your healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

If you have taken a large number of tablets all at once, contact your doctor or the nearest hospital emergency department immediately, even though you may not feel sick. Show the doctor your pack of tablets.

### SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Like all medications, Sandoz Paroxetine can cause some side effects. You may not experience any of them. For most patients these side effects are likely to be minor and temporary. However, some may be serious. Some of these side effects may be dose related. Consult your doctor if you experience these or other side effects, as the dose may have to be adjusted.

If you experience an allergic reaction (including skin rash, hives, swelling, trouble breathing) or any severe or unusual side effects, stop taking the drug and contact your doctor immediately.

The most common side effects of Sandoz Paroxetine are:

- nausea / vomiting
- dry mouth
- drowsiness
- weakness
- dizziness
- sweating
- tremor
- nervousness
- feeling agitated
- blurred vision
- sleep disturbances
- weight gain
- sexual problems
- Although psychiatric disorders are often associated with decreases in sexual desire, performance and satisfaction, treatment with this medication may lead to further decreases.

Other effects may include loss of appetite, constipation, diarrhea, abnormal dreams (including nightmares), headache and menstrual period disorders (including heavy periods, bleeding between periods and absence of periods).

Sandoz Paroxetine does not usually affect people's normal activities. However, some people feel sleepy while taking it, in which case they should not drive or operate machinery.

Sandoz Paroxetine may raise cholesterol levels in some patients.

#### **Discontinuation Symptoms**

Contact your doctor before stopping or reducing your dosage of Sandoz Paroxetine. Symptoms such as dizziness, lightheadedness, nausea, vomiting, agitation/restlessness, anxiety, sweating, headache, sleep disturbance, electric shock sensations, tinnitus (buzzing, hissing, whistling, ringing or other persistent noise in the ears) and other symptoms have been reported after stopping treatment, reducing the dosage of Sandoz Paroxetine, or when a dose is missed. These symptoms usually disappear without needing treatment. Tell your doctor immediately if you have these or any other symptoms. Your doctor may adjust the dosage of Sandoz Paroxetine to alleviate

**IMPORTANT: PLEASE READ**

the symptoms. See WARNINGS AND PRECAUTIONS section for more information.

**Effects on Newborns**

Some newborns whose mothers took an SSRI (Selective Serotonin Reuptake Inhibitor) or other newer antidepressant, such as Sandoz Paroxetine, during pregnancy have shown such symptoms as breathing and feeding difficulties, jitteriness and constant crying. If your baby experiences any of these symptoms, contact your doctor as soon as you can. See WARNINGS AND PRECAUTIONS section for more information.

<b>SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM</b>				
Symptom/effect		Talk with your doctor or pharmacist right away		Seek immediate emergency medical assistance
		Only if severe	In all cases	
Uncommon	Hallucinations [strange visions or sounds]		√	
Uncommon	Uncontrollable movements of the body or face		√	
Uncommon	Inability to urinate or loss of control of the bladder (urinary incontinence).		√	
Uncommon	Dilated pupils		√	
Uncommon	Low blood pressure (may cause dizziness, lightheadedness or fainting when standing up from a sitting down or lying position)		√	
Uncommon	Low Platelets [bruising or unusual bleeding from the skin or other areas]		√	
Rare	Severe allergic reactions [red and lumpy skin rash, hives, itching, swelling of the lips, face, tongue, throat, trouble breathing, wheezing, shortness of breath, skin rashes, collapse or loss of consciousness]			√
Rare	Allergic reactions (skin rash alone)		√	
Rare	Low sodium level in blood [symptoms of tiredness, weakness, confusion combined with achy, stiff or		√	

<b>SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM</b>				
Symptom/effect		Talk with your doctor or pharmacist right away		Seek immediate emergency medical assistance
		Only if severe	In all cases	
	uncoordinated muscles			
Rare	Akathisia [feeling restless and unable to sit or stand still]		√	
Rare	Mania [overactive behaviour and thoughts]		√	
Rare	Seizures [loss of consciousness with uncontrollable shaking (“fit”)]			√
Rare	Restless Legs Syndrome (irresistible urge to move the legs)		√	
Rare	Angle-Closure Glaucoma [eye pain, changes in vision and swelling or redness in or around the eye]			√
Rare	Abnormal secretion of breast milk in men and women		√	
Rare	Increased sensitivity of the skin to sunlight	√		
Rare	Swelling of hands, ankles or feet		√	
Rare	Menstrual period disorders (including heavy periods, bleeding between periods and absence of periods).		√	
Very Rare	Serotonin syndrome and Neuroleptic Malignant Syndrome [a combination of most or all of the following; confusion, restlessness, sweating, shaking, shivering, high fever, hallucinations, sudden jerking of the muscles, muscle stiffness, feeling very agitated or irritable, fast heartbeat]. The severity can increase, leading to loss of consciousness.			√
Very Rare	Gastrointestinal bleeding [vomiting			√

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**SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM**

Symptom/effect		Talk with your doctor or pharmacist right away		Seek immediate emergency medical assistance
		Only if severe	In all cases	
	blood or passing blood in stools]			
Very Rare	Liver disorder [symptoms include nausea, vomiting, loss of appetite combined with itching, yellowing of the skin or eyes, dark urine]		√	
Very Rare	A severe widespread rash with blisters and peeling skin often with sores or pain in the mouth or eyes			√
Very Rare	Skin rash, which may blister, and looks like small targets (central dark spots surrounded by a paler area, with a dark ring around the edge) called <i>erythema multiforme</i>			√
See Warnings & Precautions	-Changes in feelings or behaviour (anger, anxiety, suicidal or violent thoughts) -Thoughts of death or suicide		√	√

*This is not a complete list of side effects. For any unexpected effects while taking Sandoz Paroxetine, contact your doctor or pharmacist.*

**HOW TO STORE IT**

- Keep all medicines out of reach and sight of children.
- Store at room temperature between 15 and 30°C in a dry place
- Keep container tightly closed
- If your doctor tells you to stop taking Sandoz Paroxetine please return any leftover medicine to your pharmacist

**Reporting Side Effects**

You can report any suspected side effects associated with the use of health products to Health Canada by:

- Visiting the Web page on [Adverse Reaction Reporting \(http://www.hc-sc.gc.ca/dhp-mps/medeff/report-declaration/index-eng.php\)](http://www.hc-sc.gc.ca/dhp-mps/medeff/report-declaration/index-eng.php) for information on how to report online, by mail or by fax; or
- Calling toll-free at 1-866-234-2345.

*NOTE: Contact your health professional if you need information about how to manage your side effects. The Canada Vigilance Program does not provide medical advice.*

**MORE INFORMATION**

You may need to read this package insert again. Please do not throw it away until you have finished your medicine.

**If you want more information about Sandoz Paroxetine:**

- Talk to your healthcare profession
- Find the full product monograph that is prepared for healthcare professionals and includes this Patient Medication Information by visiting the Health Canada website; the manufacturer's website [www.sandoz.ca](http://www.sandoz.ca) or by calling 1-800-361-3062

or

by written request at:

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Boucherville, (QC), Canada  
J4B 1E6

Or by e-mail at :

[medinfo@sandoz.com](mailto:medinfo@sandoz.com)

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