



PSYCHIATRIC SERVICES

Monoamine Oxidase Inhibitors

Phenelzine (Nardil®)
Tranlycypromine (Parnate®)

Course _____ of

Treatment: _____

PURPOSE AND GENERAL INFORMATION

This medication is known as an antidepressant or mood elevator and is used to treat depression. Sometimes it is used to treat anxiety, panic attacks, eating disorders, and phobias.

It is important to take this medication as directed, even when you begin to feel better. It is necessary to continue to take the medicine in order to keep feeling well. When taken regularly, this medication may require up to six weeks before the full effects are noticed.

This medication does not produce euphoria (a high feeling) and is not addictive, but do not stop taking it abruptly without telling your physician.

BENEFITS

Uplifted mood and decreased feelings of sadness and anxiety or feelings of wanting to harm oneself.

Improved sleep and relief of insomnia or restlessness.

Increased energy, interest, and willingness to participate in activities.

Improved appetite.

Increased concentration and memory.

Decreased feelings of guilt.

PROBABLE HEALTH CONSEQUENCES OF NOT TAKING THIS MEDICATION

If you elect to not take this medication, it is important for you to understand the potential consequences. The symptoms of depression will not get better; in fact, they could worsen.

When suffering from the symptoms of depression, you may have difficulty with your job, or relationships with family and friends, or day-to-day functioning.

Left untreated, depression could lead to suicidal thoughts or attempts.

ALTERNATIVE TREATMENTS

Psychotherapy in combination with medication.

Other classes of antidepressant medication.

Electroconvulsive therapy.

PROPER USE OF THIS MEDICATION

This medication interacts unfavorably with some foods; therefore, while you are taking this medication you will need to adjust your food intake. It is very important that you avoid foods that contain tyramine (see foods listed below).

Store away from heat and direct light. Keep out of the reach of children. Do not store in the bathroom medicine cabinet since heat and moisture may cause medicine to break down.

Do not keep outdated medicine.

Consult with your physician regarding what to do if you miss a dose of scheduled medication.

FOOD AND DRUG INTERACTIONS

Foods to be avoided:

Fish that has been salted or pickled, including herring and caviar.

Beef liver, aged sausages such as salami, summer sausage, pepperoni, and beef jerky.

Meat extracts such as broth and bouillon.

Vegetables and fruits: broad beans (fava beans), avocado, bananas, figs, and papaya should be avoided if they are overripe.

Avoid all red wine, beer, and ale.

Avoid eating leftover foods.

Cheese: avoid all cheese except the following, which may be eaten in normal quantities: American, Velveeta, cottage, ricotta, and cream cheese.

In limited amounts: chocolate, colas and caffeinated coffee.

Avoid the above listed foods and beverages during the total period of drug use and for 14 days after the drug is discontinued.

Do not take the following medications in combination with this medication, without knowledge and consent of your physician: **amphetamines; oral decongestants like phenylpropanolamine, pseudoephedrine, or ephedrine; nasal spray decongestants (Afrin®, etc.); methylphenidate (Ritalin®); or meperidine (Demerol®).**

Combining the above listed foods or medications with this medication may result in: headaches, high blood pressure (which could lead to stroke or death), heart palpitations, nausea, and vomiting.

SIDE EFFECTS

This medication may produce some or all of the following side effects:

Dry Mouth--for temporary relief, use sugarless gum or candy, melt bits of ice in your mouth, or use saliva substitute.

Drowsiness or blurred vision--this is usually a problem only during the first few days when you start taking the medication. If this is a problem, be very cautious if driving or performing tasks that require alertness or coordination.

Dizziness, weakness, or fainting--may occur when you get up too quickly or rapidly change positions. This can be avoided by rising or changing positions slowly.

Other--Other side effects not listed may also occur in some patients. If you notice any other effects, check with your doctor.

PRECAUTIONS

Do not drink alcoholic beverages and avoid tyramine-containing foods while taking this medication.

Before taking this medication, tell your physician what prescription and non-prescription medications you are taking (or have taken in the last two weeks). Do not begin taking prescription or non-prescription medication without consulting your physician.

Do not stop taking this medication before checking with your doctor. Because people respond to medicines in very individual ways, you and your physician may have to go through a trial period to find the right drug and dosage that work best for you.

Notify physician if you experience severe headaches or other unusual symptoms while taking this medication.

Female patients: notify your doctor if you think you are pregnant, if you want to become pregnant, or if you are breastfeeding while taking this medication.

PHYSICIAN INFORMATION

If you have questions or concerns regarding this medication, your physician may be reached at one of the following locations:

University Hospital
Psychiatric Unit
4502 Medical Drive
San Antonio, TX 78229
(210) 358-1260

University Health Center Downtown
Psychiatry Services - West Annex
1115 West Martin
San Antonio, TX 78207
(210) 358-3730

PHARMACY INFORMATION

A pharmacist is also available to answer questions about your medication, and your prescription for this medication may be refilled at the following locations:

University Hospital Outpatient Pharmacy

4502 Medical Drive
San Antonio, TX 78229

Refill Line: (210) 358-4186
Pharmacist Line: (210) 358-2905

(Pharmacist available 24 hours every day.)
Outpatient Pharmacy Hours: 9:00 a.m. to 8:00 p.m. M-F
Weekend & Holidays: 9:00 a.m. to 5:00 p.m.

University Health Center Downtown Pharmacy

527 N. Leona St.
San Antonio, TX 78207

Refill Line: (210) 358-3476 (Please call 24 hours in advance.)
Pharmacist Line: (210) 358-3466

Pharmacy Hours: Monday thru Friday: 8:00 a.m. to 8:00 p.m.
Weekends and Holidays: Closed Saturday 8:30 a.m. – 4:00 p.m.

University Family Health Center, Southeast Pharmacy

3819 S. Gevers
San Antonio, TX 78223
(210) 358-5534-RPH

Refill Line: (210) 358-5535

Pharmacy Hours: 8:30 a.m.-7:00 p.m. Mon-Thurs
8:30 a.m.- 5:00 p.m. Fri.
8:00 a.m – 12:00 p.m. Sat
Closed on Sundays

University Family Health Center, Southwest Pharmacy

2121 SW 36th St.
San Antonio, TX 78237

(210) 358-5137-RPH
Refill Line: (210) 358-5138

Pharmacy Hours: 8:30 a.m. – 5:30 p.m. Mon. – Thurs.
8:30 a.m. through 5:00 p.m. Fri.
Closed Weekends & Holidays

FOR ALL REFILLS

PLEASE CALL REFILL LINE 24 HOURS IN ADVANCE. ALLOW 1 BUSINESS DAY (M-F) FOR REFILLS.

PLEASE BE PREPARED TO PROVIDE YOUR NAME, PHONE NUMBER, HEALTH SYSTEM, I.D. NUMBER, AND Rx NUMBERS (S).