

PATIENT INFORMATION

WHEN YOU HAVE BEEN PRESCRIBED BRINTELLIX®
FOR THE TREATMENT OF DEPRESSION

More information can be found in the patient information
leaflet that comes with the medication.



What is depression?

Depression is a common, serious illness that can affect what you think about yourself, how you think about things, and how you live your life. It is an illness that may require actions and/or treatment to help you with your recovery.

Depression can arise when the sensitive chemical balance in the brain is disrupted. It is not clear why such an imbalance occurs.

Some of the common signs that you may be depressed are feelings of despondency and tiredness, low energy, or a lack of joy or lust for life – even the things you normally enjoy doing. Your body weight and sleep could also be affected.

Why did my doctor prescribe medication?

Your doctor has prescribed medication to help restore the chemical balance in your brain. By taking your medication, you can reduce the symptoms and get through the day like you did before you became depressed.

Bear in mind that it could take some time for you to start feeling better. Also, you may need to take your medicine for at least six months after your symptoms have passed.

What else can I do?

You can talk to your doctor, who can offer advice and information about your lifestyle. As well as taking your medicine, it is also a good idea to start getting into good habits. For example:

- Eat healthily and at regular times
- Get enough sleep
- Do some kind of exercise every day
- Spend time outdoors
- Avoid alcohol and other drugs
- Stop using nicotine

You can also ask your doctor for additional help, such as Cognitive Behavioural Therapy (CBT).

And when you feel low, it might be a good idea to:

- Talk to a friend or family member you can trust
- Counteract negative thinking by developing self-help techniques – such as relaxation

What is Brintellix?

Brintellix is an antidepressant drug that can help to restore the balance in your brain, so that you can feel better and get back to your normal self.

- Always take Brintellix exactly as prescribed by your doctor. Ask your doctor if you are unsure about anything.
- It may take a few weeks before you start feeling better.
- As with all medications, Brintellix may have unwanted effects, side effects. These are usually mild and pass after a few weeks of treatment. The most common side effect is nausea. Read the Brintellix patient information leaflet for full details.
- Continue to take Brintellix as long as recommended by your doctor. If you finish too soon, your symptoms may return.

What do I do if I'm pregnant or planning to get pregnant?

If you are pregnant or breastfeeding, or are planning to get pregnant, discuss your Brintellix treatment with your doctor.

What happens if I forget to take Brintellix?

Do not take a double dose to make up for a missed dose. If you forget to take a dose and realise before going to bed, take the dose immediately. Then carry on as normal the next day. If you realise during the night or the next day, leave the missed dose and carry on as normal.

Ta noga del av informationen i bipacksedeln. **Brintellix®** (vortioxetin), receptbelagt läkemedel, film-dragerade tabletter 5, 10, 15, 20 mg i förpackningar om 28 eller 98 tabletter för oral användning. **Brintellix® används för:** behandling av egentlig depression hos vuxna. Hur mycket ska du ta: Den rekommenderade startdosen för Brintellix® är 10 mg per dag till vuxna under 65 år och den maximala dosen är 20 mg Brintellix® per dag. För patienter som är 65 år eller äldre är startdosen 5 mg per dag. **Ta inte Brintellix®** om du är allergisk mot den aktiva substansen vortioxetin eller mot något hjälpämne. Ta inte Brintellix® om du tar andra läkemedel mot depression kända som icke-selektiva monoaminoxidashämmare eller selektiva MAO-A-hämmare. **Graviditet och amning:** Brintellix® ska inte användas under graviditet om inte läkaren säger att det är absolut nödvändigt. Använd inte Brintellix® under amning. För mer information, se www.fass.se. Texten är baserad på bipacksedel från september 2021. H. Lundbeck AB, 040-699 82 00, www.lundbeck.se



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