

**PATIENT LEAFLET IN ACCORDANCE WITH THE PHARMACISTS'  
REGULATIONS (PREPARATIONS) - 1986**

This medicine is dispensed with a physician's prescription only

## **Prozac**

### **Capsules**

#### **Active ingredient and its quantity:**

Each capsule contains fluoxetine (as hydrochloride) 20 mg

**Inactive ingredients and allergens in the preparation:** see section 6 "Additional Information".

**Read this entire leaflet carefully before you start using this medicine.** This leaflet contains concise information about this medicine. If you have any further questions, ask your doctor or pharmacist.

This medicine has been prescribed for the treatment of your illness. Do not pass it on to others. It may harm them, even if you think that their illness is the same as yours.

Antidepressants increase the risk of suicidal behavior and thoughts among children, adolescents and young adults.  
When beginning treatment with this medicine, patients of all ages and their relatives, must monitor behavioral changes such as: worsening of depression, suicidal thoughts, aggressiveness etc.  
If changes such as these occur, contact the doctor immediately.

## **1. WHAT IS THIS MEDICINE INTENDED FOR?**

**Prozac** is indicated for the treatment of:

Adults:

- Major depressive episodes
- Obsessive-compulsive disorder (OCD)
- Bulimia Nervosa: Fluoxetine is indicated as a complement of psychotherapy for the reduction of binge-eating and purging activity.

Children and adolescents aged 8 years and above:

- Moderate to severe major depressive episode, if depression is unresponsive to psychological therapy after 4-6 sessions. Antidepressant medication should be offered to a child or young person with moderate to severe depression **only** in combination with a concurrent psychological therapy.

#### **Therapeutic group:**

**Prozac** belongs to a group of medicines called Selective Serotonin Reuptake Inhibitor (SSRI) antidepressants.

#### **How Prozac works**

Everyone has a substance called serotonin in their brain. People who are depressed or have obsessive-compulsive disorder or bulimia nervosa have lower levels of serotonin than others. It is not fully understood how **Prozac** and other SSRIs work, but they may help by increasing the level of serotonin in the brain.

Treating these conditions is important to help you get better. If it's not treated, your condition may not go away and may become more serious and more difficult to treat. You may need to be treated for a few weeks or months to ensure that you are free from symptoms.

## **2. BEFORE USING THIS MEDICINE**

### **Do not use this medicine if:**

- you are hypersensitive (allergic) to the active ingredient (fluoxetine) or any of the other ingredients of this medicine (listed in section 6). **If you develop a rash or other allergic reactions (like itching, swollen lips or face or shortness of breath), stop taking the capsules straight away and contact your doctor immediately.**
- you are taking other medicines known as irreversible, non-selective monoamine oxidase inhibitors (MAOIs), since serious or even fatal reactions can occur (e.g. iproniazid used to treat depression).

Treatment with **Prozac** should only be started at least 2 weeks after discontinuation of an irreversible, non-selective MAOI.

**Do not** take any irreversible, non-selective MAOIs for at least 5 weeks after you stop taking **Prozac**. If **Prozac** has been prescribed for a long period and/or at a high dose, a longer interval needs to be considered by your doctor.

- you are taking metoprolol (to treat heart failure) since there is an increased risk of your heartbeat becoming too slow.

### **Special warnings pertaining to the use of this medicine:**

#### **Talk to your doctor before taking Prozac if any of the following applies to you:**

- heart problems.
- appearance of fever, muscle stiffness or tremor, changes in your mental state like confusion, irritability and extreme agitation; you may suffer from the so-called "serotonin syndrome" or "neuroleptic malignant syndrome". Although this syndrome occurs rarely it may result in potentially life threatening conditions; **contact your doctor immediately**, since **Prozac** might need to be discontinued.
- mania now or in the past; if you have a manic episode, contact your doctor immediately because **Prozac** might need to be discontinued.
- history of bleeding disorders or appearance of bruises or unusual bleeding, or if you are pregnant (see 'Pregnancy' section).
- ongoing treatment with medicines that thin the blood (see 'Drug interactions').
- epilepsy or fits. If you have a fit (seizures) or experience an increase in seizure frequency, contact your doctor immediately. **Prozac** might need to be discontinued.
- ongoing ECT (electro-convulsive therapy).
- ongoing treatment with tamoxifen (used to treat breast cancer) (see 'Drug interactions').
- starting to feel restless and cannot sit or stand still (akathisia). Increasing your dose of **Prozac** may make this worse.

- diabetes (your doctor may need to adjust your dose of insulin or other antidiabetic treatment).
- liver problems (your doctor may need to adjust your dosage).
- low resting heart-rate and/or if you know that you may have salt depletion as a result of prolonged severe diarrhea and vomiting (being sick) or usage of diuretics (water tablets).
- ongoing treatment with diuretics (water tablets), especially if you are elderly.
- glaucoma (increased pressure in the eye).

### **Thoughts of suicide and worsening of your depression or anxiety disorder**

If you are depressed and/or have anxiety disorders, you can sometimes have thoughts of harming or killing yourself. These may be increased when first starting antidepressants, since these medicines all take time to work, usually about two weeks but sometimes longer.

You may be more likely to think like this:

- If you have previously had thoughts about killing or harming yourself.
- If you are a young adult. Information from clinical trials has shown an increased risk of suicidal behavior in adults aged less than 25 years with psychiatric conditions who were treated with an antidepressant.

If you have thoughts of harming or killing yourself at any time, **contact your doctor or go to a hospital straight away.**

**You may find it helpful to tell a relative or close friend** that you are depressed or have an anxiety disorder, and ask them to read this leaflet. You might ask them to tell you if they think your depression or anxiety is getting worse, or if they are worried about changes in your behavior.

### ***Children and adolescents aged 8 to 18 years***

Patients under 18 have an increased risk of side-effects such as suicide attempt, suicidal thoughts and hostility (predominantly aggression, oppositional behavior and anger) when they take this class of medicines. **Prozac** should only be used in children and adolescents aged 8 to 18 years for the treatment of moderate to severe major depressive episodes (in combination with psychological therapy) and it should not be used to treat other conditions.

Additionally, only limited information concerning the long-term safety of **Prozac** on growth, puberty, mental, emotional and behavioral development in this age group is available. Despite this, if you are a patient under 18, your doctor may prescribe **Prozac** for moderate to severe major depressive episodes, in combination with psychological therapy, because he/she decides that this is in your best interests. If you are under 18 and your doctor has prescribed **Prozac** and you want to discuss this, please go back to your doctor. You should inform your doctor if any of the symptoms listed above develop or worsen when patients under 18 are taking **Prozac**.

**Prozac** should not be used in the treatment of children under the age of 8 years.

### **Sexual dysfunction**

Medicines like **Prozac** (so called SSRIs) may cause symptoms of sexual dysfunction (see section 4). In some cases, these symptoms have continued after stopping

treatment.

### Drug interactions

**If you are taking or have recently taken other medicines, including nonprescription medicines and nutritional supplements, tell your doctor or pharmacist.**

**Do not take Prozac with:**

- certain **irreversible, non-selective monoamine oxidase inhibitors (MAOIs)**, some used to treat depression. Irreversible, non-selective MAOIs must not be used with **Prozac** as serious or even fatal reactions (serotonin syndrome) can occur (see section 'Do not use this medicine if'). Treatment with **Prozac** should only be started at least 2 weeks after discontinuation of an irreversible, non-selective MAOI (for instance tranylcypromine). **Do not** take any irreversible, non-selective MAOIs for at least 5 weeks after you stop taking **Prozac**. If **Prozac** has been prescribed for a long period and/or at a high dose, a longer interval than 5 weeks may need to be considered by your doctor.
- **metoprolol** when used for heart failure; there is an increased risk of your heart beat becoming too slow.

**Prozac** may affect the way the following medicines work (interaction):

- **tamoxifen** (used to treat breast cancer), because **Prozac** may change the blood levels of this drug, resulting in the possibility of a reduction in the effect of tamoxifen, your doctor may need to consider prescribing a different antidepressant treatment.
- **monoamine oxidase inhibitors A (MAOI-A)** including moclobemide, linezolid (an antibiotic) and methylthioninium chloride (also called methylene blue, used for the treatment of medicinal or chemical product induced methemoglobinemia): due to the risk of serious or even fatal reactions (called serotonin syndrome). Treatment with fluoxetine can be started the day after stopping treatment with reversible MAOIs but the doctor may wish to monitor you carefully and use a lower dose of the MAOI-A drug.
- **mequitazine** (for allergies), because taking this drug with **Prozac** may increase the risk of changes in the electrical activity of the heart.
- **phenytoin** (for epilepsy), because **Prozac** may influence the blood levels of this drug, your doctor may need to introduce phenytoin more carefully and carry out check-ups when given with **Prozac**.
- **lithium, selegiline, St. John's Wort, tramadol** (a painkiller), **triptans** (for migraine) and **tryptophan**: there is an increased risk of mild serotonin syndrome when these drugs are taken with **Prozac**. Your doctor will carry out more frequent check-ups.
- medicines that may affect the heart's rhythm, e.g. **Class IA and III antiarrhythmics, antipsychotics** (e.g. phenothiazine derivatives, pimozide, haloperidol), **tricyclic antidepressants**, certain **antimicrobial agents** (e.g. sparfloxacin, moxifloxacin, erythromycin IV, pentamidine), **anti-malaria treatment** particularly halofantrine or certain **antihistamines** (astemizole, mizolastine), because taking one or more of these drugs with **Prozac** may increase the risk of changes in the electrical activity of the heart.
- **Anti-coagulants** (such as warfarin), **Non-steroidal anti-inflammatory drugs - NSAID** (such as ibuprofen, diclofenac), **aspirin** and **other medicines which can thin the blood** (including clozapine, used to treat certain mental disorders).

**Prozac** may alter the effect of these medicines on the blood. If **Prozac** treatment is started or stopped when you are taking warfarin, your doctor will need to perform certain tests, adjust your dose and check on you more frequently.

- **cycloheptadine** (for allergies); because it may reduce the effect of **Prozac**.
- **drugs that lower sodium levels in the blood** (including, drug that causes increase in urination, desmopressin, carbamazepine and oxcarbazepine); because these drugs may increase the risk of sodium levels in the blood becoming too low when taken with **Prozac**.
- **anti-depressants** such as tricyclic anti-depressants, other selective serotonin reuptake inhibitors (SSRIs) or bupropion, **mefloquine** or **chloroquine** (used to treat malaria), **tramadol** (used to treat severe pain) or **anti-psychotics** such as phenothiazines or butyrophenones; because **Prozac** may increase the risk of seizures when taken with these medicines.
- **flecainide, propafenone, nebivolol or encainide** (for heart problems), **carbamazepine** (for epilepsy), **atomoxetine** or **tricyclic antidepressants** (for example **imipramine, desipramine** and **amitriptyline**) or **risperidone** (for schizophrenia). Because **Prozac** may possibly change the blood levels of these medicines, your doctor may need to lower their dose when administered with **Prozac**.

#### **Use of this medicine and food**

You can take **Prozac** with or without food, whatever you prefer.

#### **Use of this medicine and alcohol consumption**

You should avoid alcohol while you are taking this medicine.

#### **Pregnancy, breastfeeding and fertility**

If you are pregnant or breastfeeding, think you may be pregnant or are planning to get pregnant, ask your doctor or pharmacist for advice before taking this medicine.

##### *Pregnancy*

Talk to your doctor as soon as possible if you're pregnant, if you might be pregnant, or if you're planning to become pregnant.

In babies whose mothers took fluoxetine during the first few months of pregnancy, there have been some studies describing an increased risk of birth defects affecting the heart. In the general population, about 1 in 100 babies are born with a heart defect. This increased to about 2 in 100 babies in mothers who took fluoxetine.

When taken during pregnancy, particularly in the last 3 months of pregnancy, medicines like fluoxetine may increase the risk of a serious condition in babies, called persistent pulmonary hypertension of the newborn (PPHN), making the baby breathe faster and appear bluish. These symptoms usually begin during the first 24 hours after the baby is born. If this happens to your baby, you should contact your midwife and/or doctor immediately.

If you take **Prozac** near the end of your pregnancy there may be an increased risk of heavy vaginal bleeding shortly after birth, especially if you have a history of bleeding disorders. Your doctor or midwife should be aware that you are taking **Prozac** so they can advise you.

It is preferable not to use this treatment during pregnancy unless the potential benefit outweighs the potential risk. Thus, you and your doctor may decide to gradually stop taking **Prozac** while you are pregnant or before being pregnant. However, depending on your circumstances, your doctor may suggest that it is better for you to keep taking **Prozac**.

Caution should be exercised when used during pregnancy, especially during late pregnancy or just before giving birth since the following effects have been reported in newborn children: irritability, tremor, muscle weakness, persistent crying, and difficulty in sucking or in sleeping.

#### *Breastfeeding*

Fluoxetine is excreted in breast milk and can cause side effects in babies. You should only breastfeed if it is clearly necessary. If breastfeeding is continued, your doctor may prescribe a lower dose of fluoxetine.

#### *Fertility*

Fluoxetine has been shown to reduce the quality of sperm in animal studies. Theoretically, this could affect fertility, but impact on human fertility has not been observed as yet.

#### **Driving and using machines**

Psychotropic drugs such as **Prozac** may affect your judgment or coordination. Do not drive or use machinery until you know how **Prozac** affects you.

### **3. HOW TO USE THIS MEDICINE?**

Always use this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure about the dosage and manner of treatment with this medicine.

The dosage and manner of treatment will be determined only by the doctor.

#### **Adults:**

The usual dose is:

- **Major depressive episodes:** The usual dose is 1 capsule (20 mg) daily. Your doctor will review and adjust your dosage if necessary within 3 to 4 weeks of the start of treatment. If required, the dosage can be gradually increased up to a maximum of 3 capsules (60 mg) daily. The dose should be increased carefully to ensure that you receive the lowest effective dose. You may not feel better immediately when you first start taking your medicine. This is usual because an improvement in depressive symptoms may not occur until after the first few weeks. Patients with depression should be treated for at least 6 months.
- **Bulimia Nervosa:** the usual dose is 3 capsules (60 mg) daily.
- **Obsessive Compulsive Disorder (OCD):** the usual dose is 1 capsule (20 mg) daily. Your doctor will review and adjust your dosage if necessary after 2 weeks of treatment. If required, the dosage can be gradually increased up to a maximum of 3 capsules (60 mg) daily. If no improvement is noted within 10 weeks, your doctor will reconsider changing your treatment.

***Use in children and adolescents aged 8 to 18 years with depression:***

Treatment should be started and be supervised by a specialist. The starting dose is 10 mg/day fluoxetine (as hydrochloride) given as oral solution (there is a drug from another company, which comes as a solution). After 1 to 2 weeks, your doctor may increase the dose to 20 mg/day. The dose should be increased carefully to ensure that you receive the lowest effective dose. Lower weight children may need lower doses. If there is a satisfactory response to treatment, your doctor will review the need for continuing treatment beyond 6 months. If you have not improved within 9 weeks, your doctor will reassess your treatment.

***Elderly:***

Your doctor will increase the dose with more caution and the daily dose should generally not exceed 2 capsules (40 mg). The maximum dose is 3 capsules (60 mg) daily.

***Liver impairment:***

If you have a liver problem or are using other medication that might affect **Prozac**, your doctor may decide to prescribe a lower dose or tell you to take **Prozac** every other day.

**Do not exceed the recommended dose.**

**Swallow the capsules with a drink of water.**

**Do not chew the capsules.**

**There is no information about using the contents of the capsule in a gastric tube.**

**If you have accidentally taken a higher dose**

- If you take too many capsules or if a child accidentally swallowed the medicine, proceed immediately to a doctor or your nearest hospital Emergency Room.
- Take the pack of **Prozac** with you if you can.

Symptoms of overdose include: nausea, vomiting, seizures, heart problems (like irregular heart beat and cardiac arrest), lung problems and change in mental condition ranging from agitation to coma.

**If you forget to take the medicine**

- If you miss a dose, do not worry. Take your next dose the next day at the usual time. Do not take a double dose to make up for a forgotten dose.
- Taking your medicine at the same time each day may help you to remember to take it regularly.

Treatment should be continued as recommended by the doctor.

**If you stop taking the medicine**

- **Do not stop** taking **Prozac** without consulting your doctor first, even when you start to feel better. It is important that you keep taking your medicine.
- Make sure you do not run out of capsules.

You may notice the following effects (withdrawal effects) when you stop taking **Prozac**: dizziness, tingling feelings like pins and needles, sleep disturbances (vivid

dreams, nightmares, inability to sleep), feeling restless or agitated, unusual tiredness or weakness, feeling anxious, nausea/vomiting (feeling sick or being sick), tremor (shakiness), headaches.

Most people find that any symptoms on stopping **Prozac** are mild and disappear within a few weeks. If you experience symptoms when you stop treatment, contact your doctor.

When stopping **Prozac**, your doctor will help you to reduce your dose slowly over one or two weeks - this should help reduce the chance of withdrawal effects.

**Do not take medicines in the dark! Check the label and the dose each time you take your medicine. Wear glasses if you need them.**

**If you have any further questions regarding the use of this medicine, consult your doctor or pharmacist.**

#### **4. SIDE EFFECTS**

Like all medicines, **Prozac** can cause side effects in some users. Do not be alarmed while reading the list of side effects; you may not suffer from any of them.

- If you have thoughts of harming or killing yourself at any time, **contact your doctor or go to a hospital straight away** (see chapter 2 under section "Thoughts of suicide and worsening of your depression or anxiety disorder").
- If you get a rash or allergic reaction such as itching, swollen lips/tongue or wheezing/shortness of breath, **stop taking the capsules straight away and tell your doctor immediately.**
- If you feel restless and cannot sit or stand still, you may have akathisia; increasing your dose of **Prozac** may make you feel worse. If you feel like this, **contact your doctor.**
- **Tell your doctor immediately** if your skin starts to turn red or you develop a varied skin reaction or your skin starts to blister or peel. This is very rare.

The most frequent side effects (very common side effects that may affect more than 1 user in 10) are: insomnia, headache, diarrhea, feeling sick (nausea) and fatigue.

Some patients have had:

- a combination of symptoms (known as "serotonin syndrome") including unexplained fever with faster breathing or heart rate, sweating, muscle stiffness or tremor, confusion, extreme agitation or sleepiness (only rarely).
- feelings of weakness, drowsiness or confusion mostly in elderly people and in (elderly) people taking diuretics (water tablets).
- prolonged and painful erection.
- irritability and extreme agitation.
- heart problems, such as fast or irregular heart rate, fainting, collapsing or dizziness upon standing which may indicate abnormal functioning of the heart rate.



**If you have any of the above side effects, you should tell your doctor immediately.**

**Additional side effects**

The following side effects have also been reported in patients taking **Prozac**:

**Common side effects** (may affect up to 1 in 10 people)

- not feeling hungry, weight loss.
- nervousness, anxiety.
- restlessness, poor concentration.
- feeling tense.
- decreased sex drive or sexual problems (including difficulty maintaining an erection for sexual activity).
- sleep problems, unusual dreams, tiredness or sleepiness.
- dizziness.
- change in taste.
- uncontrollable shaking movements.
- blurred vision.
- rapid and irregular heartbeat sensations.
- flushing.
- yawning.
- indigestion, vomiting.
- dry mouth.
- rash, urticaria, itching.
- excessive sweating.
- joint pain.
- passing urine more frequently.
- unexplained vaginal bleeding.
- feeling shaky or chills.

**Uncommon side effects** (may affect up to 1 in 100 people)

- feeling detached from yourself.
- strange thinking.
- abnormally high mood.
- sexual problems, including orgasm problems, occasionally persisting after treatment discontinuation.
- thoughts of suicide or harming yourself.
- teeth grinding.
- muscle twitching, involuntary movements or problems with balance or coordination.
- memory impairment.
- enlarged (dilated) pupils.
- ringing in the ears.
- low blood pressure.
- shortness of breath.
- nose bleeds.
- difficulty swallowing.
- hair loss.
- increased tendency to bruising.
- unexplained bruising or bleeding.

- cold sweat.
- difficulty passing urine.
- feeling hot or cold.
- abnormal liver test results.

**Rare side effects** (may affect up to 1 in 1,000 people)

- low levels of salt in the blood.
- reduction in blood platelets, which increases risk of bleeding or bruising.
- reduction in white blood cell count.
- untypical wild behavior.
- hallucinations.
- agitation.
- panic attacks.
- confusion.
- stuttering.
- aggression.
- fits.
- vasculitis (inflammation of a blood vessel).
- rapid swelling of the tissues around the neck, face, mouth and/or throat.
- pain in the tube that takes food or water to your stomach.
- hepatitis.
- lung problems.
- sensitivity to sunlight.
- muscle pain.
- problems urinating.
- producing breast milk.

**Side effects whose frequency is unknown** (cannot be estimated from the available data)

- Heavy vaginal bleeding shortly after birth (postpartum hemorrhage), for more information see under section 'Pregnancy' in chapter 2 "Before using this medicine".

**Bone fractures** - an increased risk of bone fractures has been observed in patients taking this type of medicines.

Most of these side effects are likely to disappear with continued treatment.

*In children and adolescents (8-18 years):* In addition to the possible side effects listed above, **Prozac** may slow growth or possibly delay sexual maturity. Suicide-related behaviors (suicide attempt and suicidal thoughts), hostility, mania and nose bleeds were also commonly reported in children.

**If any of these side effects appears, if any of the side effects worsens, or if you experience side effects not mentioned in this leaflet, consult your doctor.**

**Reporting side effects**

Side effects can be reported to the Ministry of Health by clicking on the link "Reporting Side Effects due to Drug Treatment" that can be found on the Home Page of the Ministry of Health's website ([www.health.gov.il](http://www.health.gov.il)), which refers to the online form

for reporting side effects, or via the following link: <https://sideeffects.health.gov.il>

## **5. HOW TO STORE THIS MEDICINE?**

Avoid poisoning! This medicine, and all other medicines, must be stored in a closed place out of the reach and sight of children and/or infants, to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by your doctor. Do not use the medicine after the expiry date (exp. date) stated on the carton/blister pack. The expiry date refers to the last day of that month.

### **Storage conditions**

- **Store below 30°C.**
- Protect from light.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

## **6. ADDITIONAL INFORMATION**

### **In addition to the active ingredient, this medicine also contains:**

Starch flowable powder, dimeticone

Capsule components:

Titanium dioxide, hydrated ferric oxide (yellow), patent blue V, gelatin.

Pharmaceutical grade edible printing ink. Based on shellac USNF and containing hydrated ferric oxide (black) E172.

### **What does the medicine look like and contents of the pack:**

**Prozac** 20 mg is a yellow and green capsule marked "Lilly 3105".

Prozac capsules are available in aluminum blister packs containing 7, 14, 28 or 56 capsules.

Not all pack sizes may be marketed.

**Registration holder name and address:** Eli Lilly Israel Ltd., 4 HaSheizaf St., POB 4246 Ra'anana 4366411.

**Manufacturer name and address:** Patheon France S.A.S., Bourgoin-Jallieu, France.

Revised in August 2024.

**Drug registration number at the national medicine's registry of the Ministry of Health:** 046-82-26225-00