

Patient leaflet in accordance with the Pharmacists' Regulations (Preparations) - 1986

This medicine is dispensed with a doctor's prescription only

Flutine® 20 Capsules

Composition:

Each capsule contains:
Fluoxetine (as hydrochloride) 20 mg

For information about inactive ingredients: See section 6 - 'Additional information'.

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

This medicine has been prescribed to treat your illness. Do not pass it on to others. It may harm them, even if it seems to you that their illness is similar to yours.

Antidepressants and antianxiety medicines increase the risk of suicidal behavior and thoughts among children, adolescents and young adults up to 25 years of age.
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?

Flutine 20 is indicated for the treatment of:

- Depression
- Obsessive Compulsive Disorder (OCD)
- Bulimia nervosa

Therapeutic group:

Flutine 20 belongs to the group of medicines called Serotonin Selective Reuptake Inhibitors (SSRI) antidepressants.

How this medicine 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 Flutine 20 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 pass 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 the symptoms are gone.

2. Before using the medicine

Do not use this medicine if you are:

- sensitive (allergic) to fluoxetine or any to any of the other ingredients in this medicine (see section 6 - 'Additional information'). **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.**
- 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 Flutine 20 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 Flutine 20. If Flutine 20 has been prescribed for a long period and/or at a high dose, a longer interval needs to be considered by your doctor.
- taking metoprolol (to treat heart failure) since there is an increased risk of your heart beat becoming too slow.

Special warnings about using this medicine

Before using Flutine 20, tell your doctor if any of the following conditions applies to you:

- heart problems.
- appearance of fever, muscle stiffness or tremor, changes in your mental state like confusion, irritability or 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 treatment with Flutine 20 might need to be discontinued.
- mania now or in the past. If you have a manic episode, contact your doctor immediately because Flutine 20 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. Flutine 20 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 Flutine 20 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 or usage of diuretics.
- 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 two weeks but sometimes longer.

- You may be more likely to think as listed above:

- 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

This medicine is not indicated for use in children.

Sexual dysfunction

Medicines like Flutine 20 (that belong to the SSRI class) 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 medications and dietary supplements, tell your doctor or pharmacist.

Do not take Flutine 20 with:

- certain **irreversible, non-selective monoamine oxidase inhibitors (MAOIs)**, some used to treat depression. Irreversible, non-selective MAOIs must not be used with Flutine 20 as serious and even fatal reactions (serotonin syndrome) can occur (see Section "Do not take the medicine"). Treatment with Flutine 20 should only be started only 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 Flutine 20. If Flutine 20 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.

Flutine 20 may affect the way the following medicines work (interaction):

- **tamoxifen** (used to treat breast cancer). Because Flutine 20 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 and 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 Flutine 20 may increase the risk of changes in the electrical activity of the heart.
- **phenytoin** (for epilepsy). Because Flutine 20 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 Flutine 20.
- **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 Flutine 20. 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. sparflloxacin, moxifloxacin, erythromycin IV, pentamidine), **anti-malaria treatment** particularly halofantrine or certain **antihistamines** (astemizole, mizolastine), because taking one or more of these drugs with Flutine 20 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). Flutine 20 may alter the effect of these medicines on the blood. If Flutine 20 treatment is started or stopped when you are taking warfarin, your doctor may need to perform certain tests, adjust the dose of the anti-coagulant and check on you more frequently.
- **cyproheptadine** (for allergies), because it may reduce the effect of Flutine 20.
- **drugs that lower sodium levels in the blood** (including, drugs that cause 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 Flutine 20.
- **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 butyrophrenones, because Flutine 20 may increase the risk of seizures when taken with these medicines.
- **flecainide, propafenone, nebivolol or encaïnide** (for heart problems), **carbamazepine** (for epilepsy), **atomoxetine or tricyclic antidepressants** (for example **imipramine, desipramine and amitriptyline**) or **risperidone** (for schizophrenia), because Flutine 20 may possibly change the blood levels of these medicines, your doctor may need to lower their dose when administered with Flutine 20.

Using this medicine and food

You can take Flutine 20 with or without food.

Using 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 birth. If this happens to your baby, you should contact your midwife and/or doctor immediately.

If you take Flutine 20 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 Flutine 20 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 Flutine 20 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 Flutine 20.

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 the medicine.

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 yet.

Driving and using machines

Psychotropic drugs such as Flutine 20 may affect your judgment or coordination. Do not drive or use machinery until you know how Flutine 20 affects you.

3. How to use this medicine?

Always use this medicine according to your doctor's instructions. Check with your doctor or pharmacist if you are not sure about your dose or about how to take this medicine.

Only your doctor will determine your dose and how you should take this medicine. The recommended dosage is usually:

- **Depression** - The recommended dose is 20 mg (one capsule) 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 80 mg (4 capsules) daily. The dose should be increased under supervision to ensure that you receive the lowest effective dose. You may not feel better immediately when you first start taking your medicine. It usually takes several weeks from the start of treatment until there is an improvement in depressive symptoms.
- **Bulimia nervosa** - the recommended dose is 60 mg (3 capsules) daily.
- **Obsessive Compulsive Disorder (OCD)** - the recommended dose is 20 mg (one capsule) 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 4 capsules (80 mg) daily. If no improvement is noted within 10 weeks, your doctor will reconsider your treatment.
- **Elderly** - Your doctor will increase the dose with more caution. The daily dose should generally not exceed 40 mg (2 capsules). The maximum dose is 60 mg (3 capsules) daily.
- **Liver impairment** - If you have a liver function disorder or are using other medication that might affect Flutine 20, your doctor may decide to prescribe a lower dose or tell you to take one capsule of the medicine every other day.

Do not exceed the recommended dose.

Do not chew! Swallow the medicine with water.

There is no information about opening and distribution of content of the capsule.

If you have taken a higher dose or if a child has accidentally swallowed some medicine, immediately see a doctor or go to your nearest hospital emergency room and bring the medicine package with you.

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 at the scheduled time

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

Adhere to the treatment as recommended by your doctor.

If you stop taking this medicine

- **Do not stop** taking Flutine 20 without consulting your doctor first, even when you start to feel better. It is important that you keep taking your medicine.
- Make sure to avoid a situation in which you run out of the medicine.

You may notice the following effects (withdrawal effects) when you stop taking the medicine: 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 or vomiting (feeling sick or being sick), tremor (shakiness), headaches.

Most people find that any symptoms on stopping Flutine 20 are mild and disappear within a few weeks. If you experience symptoms when you stop treatment, contact your doctor.

When stopping Flutine 20, 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 dose every time you take medicine. Wear glasses if you need them.

If you have any further questions about using this medicine, consult your doctor or pharmacist.

4. Side effects

Like with all medicines, using Flutine 20 may cause side effects in some users. Do not be alarmed by this list of side effects. You may not experience 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 section 2).
- 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 Flutine 20 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.

Very common side effects (affect more than 1 in 10 users):

- insomnia, headache, diarrhea, feeling sick (nausea) and fatigue.

Some patients have experienced the following side effects:

- 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:

Common side effects (affect 1 in 10 users):

- not feeling hungry, weight loss • nervousness, anxiety • restlessness, poor concentration • feeling tense • decreased sex drive or sexual problems (generally 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 (affect 1 in 100 users):

- feeling detached from yourself • strange thinking • abnormally high mood
- sexual dysfunction, 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 function test results

Rare side effects (affect 1 in 1,000 users):

- 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

Unknown frequency (cannot be estimated from the existing information)
Heavy vaginal bleeding shortly after birth (postpartum hemorrhage), see 'Pregnancy' in section 2 for more information.

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.

If you experience any side effect, if any side effect gets worse or when you experience a side effect not mentioned in this leaflet, consult your doctor.

Reporting side effects

You can report side effects to the Ministry of Health by following the link 'Reporting Side Effects of Drug Treatment' on the Ministry of Health home page (www.health.gov.il) which links to an online form for reporting side effects. You can also use this link: <https://sideeffects.health.gov.il>

5. How to store the medicine?

- Prevent poisoning! To prevent poisoning, keep this, and all other medicines, in a closed place, out of the reach and sight of children and/or infants. Do not induce vomiting unless explicitly instructed to do so by a doctor.
- Do not use the medicine after the expiry date (exp. date) which is stated on the package. The expiry date refers to the last day of that month.
- **Store below 25°C**
- Do not throw away medicines via wastewater or household waste. Ask the pharmacist how to throw away this medicine (medicines you no longer use). These measures will help protect the environment.

6. Additional information

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

Pregelatinized starch, simethicone emulsion, colloidal silicon dioxide

What the medicine looks like and contents of the pack:

A turquoise capsule, containing white-yellowish powder. Flutine, and below it '20', is printed on the capsule body. TEVA is printed on the capsule cap. The pack contains 30 capsules.

Name and address of registration holder and manufacturer:

Teva Israel Ltd.,
124 Dvora HaNevi'a St., Tel Aviv 6944020

This leaflet was revised in August 2021 according to MOH guidelines.

Registration number of the medicine in the Ministry of Health's National Drug Registry: 062.52.27648