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PATIENT EDUCATION

# Tranylcypromine

Parnate / Oral MAOI antidepressant

A guide for adults taking tranylcypromine.
Follow the directions on your prescription and your provider's recommendations.

10 MG TABLETS • DOSES AS PRESCRIBED

CARRY AN MAOI MEDICATION ALERT

**Formulations:** Oral tablets are generally taken in divided doses, often earlier in the day when insomnia is a problem. Follow your prescription.

## What it is used for

Tranylcypromine treats major depression when other antidepressants have not worked adequately. It requires a clear food, medication, and blood-pressure monitoring plan.

## How it works

It irreversibly inhibits monoamine oxidase, increasing availability of serotonin, norepinephrine, and dopamine. Reduced tyramine breakdown creates important dietary interactions.

## What to expect over time

Sleep, energy, or appetite may change before mood improves. Benefit usually builds over several weeks; some conditions need a longer trial at a useful dose.

Track the symptoms you are treating and how you manage daily activities. Keep follow-up appointments. Schedule an earlier appointment if your mood gets worse.

## Taking your medication

- Take only the prescribed doses and follow the written low-tyramine diet.
- If you miss a dose, take it when you remember unless it is almost time for the next dose. Then skip it. Do not double a dose.
- Check every new medicine and supplement before use.
- Consult with your provider before stopping or switching. Continue food precautions for two weeks after stopping.

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# Side effects and safety

## Possible side effects

- Dizziness when standing
- Insomnia, restlessness, or headache
- Dry mouth, constipation, or sweating
- Sexual-function changes

## Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Antidepressants can increase suicidal thoughts in people under 25. Watch for changes in mood or behavior at any age, especially when starting treatment or changing a dose.

Have blood pressure checked. Review dizziness, sleep, and medication or food exposures. Keep the written interaction and diet instructions available.

Report blood-pressure changes, persistent insomnia, or urges to take extra doses. Withdrawal and misuse have been reported, particularly with higher exposure.

## If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

## Before you start

Discuss heart or blood-vessel disease, uncontrolled high blood pressure, liver disease, seizures, bipolar symptoms, and planned surgery.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

## Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Many antidepressants, stimulants, decongestants, tramadol, meperidine, dextromethorphan, and other medicines must not be combined. A pharmacist should check every prescription, OTC medicine, and supplement.

Switching intervals depend on the other medicine. Many require at least 14 days; fluoxetine generally requires at least five weeks before an MAOI. Never manage a switch yourself.

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# Living with your treatment

## When to get help

**Emergency symptoms.** Get emergency care for a sudden severe headache, chest pain, a pounding heartbeat, neck stiffness, vomiting, or visual changes. These can signal a dangerous blood-pressure reaction. Fever with agitation and muscle rigidity may be serotonin syndrome.

**Prompt medical advice.** Contact your provider for marked dizziness, faintness, worsening depression, or unusually high energy with little need for sleep. Do not treat a suspected blood-pressure crisis with extra medication on your own.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

## Your questions answered

**Which foods need attention?**
Avoid high-tyramine foods such as aged cheeses, fermented or cured meats, concentrated yeast extracts, certain fermented soy foods, and tap or unpasteurized beer. Follow your written diet guide during treatment and for two weeks afterward.

**Can I take cold medicine?**
Check first. Decongestants and some cough ingredients can cause dangerous reactions. The name on the front of a package is not enough; ingredients matter.

## Everyday tips

Choose fresh, properly refrigerated foods and avoid spoiled or aged protein foods. Ask about uncertain ingredients before eating them.

Tell dentists, emergency clinicians, and anesthesia teams that you take an MAOI. Carry a medication list or medical alert.

## Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

### Sources

Official prescribing information: tranylcypromine
MedlinePlus: tranylcypromine

Educational handout; does not replace your prescription or provider's recommendations.