

What is most important to remember?

- You must check to make sure that it is safe for you to take nortriptyline with all of your other medicines and health problems
- It may take a few weeks for you to see the benefits of taking this medicine
- Do not suddenly stop taking nortriptyline unless directed to do so by your doctor
- Do not start any new medications, over-the-counter drugs or herbal remedies without talking to your doctor
- Contact your prescriber If your symptoms or health problems do not get any better or they become worse
- If you think there has been an overdose, call your poison control center or get medical care right away

If you have questions:

Ask your doctor, nurse or pharmacist for more information about nortriptyline (Pamelor®).

Strong Internal Medicine

601 Elmwood Avenue
Ambulatory Care Facility, 5th Floor
Rochester, NY 14642
Phone: (585) 275 7424

Visit our website at:

[www.urmc.rochester.edu/medicine/
general-medicine/patientcare/](http://www.urmc.rochester.edu/medicine/general-medicine/patientcare/)



MEDICINE of THE HIGHEST ORDER

Strong Internal Medicine



Nortriptyline (Pamelor®): Important Patient Information



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What does nortriptyline (Pamelor®) do?

- It belongs to a class of medications called tricyclic antidepressants (TCAs). It works by increasing the amounts of certain natural substances in the brain that are needed to maintain mental balance
- It is used to treat depression (low mood)
- It may also be used for a number of other reasons, such as long term pain problems, help diabetic nerve pain, and prevent migraine headaches. Talk with your doctor

How should nortriptyline (Pamelor®) be used?

- Use this medicine as directed by your doctor
- To gain the most benefit, do not miss doses
- Take with or without food. If it causes upset stomach, take with food
- This medicine can cause sleepiness; take at bedtime

Who should know I am taking nortriptyline (Pamelor®)?

- Keep a list of all your medicines (prescription, natural products, supplements, vitamins, over-the-counter) and give it to your healthcare provider (doctor, nurse, nurse practitioner, pharmacist, or physician assistant)

What side effects could occur with nortriptyline (Pamelor®)?

- Hard stools (constipation)
- Dizziness, feeling sleepy
- Headache, dry mouth
- Upset stomach or throwing up
- Not hungry

What should I do if I forget to take a dose?

- Take a missed dose as soon as you think about it
- If it is close to the time for your next dose, skip the missed dose and go back to your normal dose time
- Do not take 2 doses at the same time or extra doses
- Do not change the dose or stop this medicine without talking to your doctor

Are there any interactions with other drugs that I need to worry about?

- There are many drug interactions that may increase your risk of side effects
- Do not start new prescription, over-the-counter medicines, or herbal and dietary supplements without telling your doctor

What are some things that I need to be aware of when taking nortriptyline (Pamelor®)?

- Tell your doctor or pharmacist if you are allergic to nortriptyline, any other medicines, foods, or substances
- Tell your doctor if you recently had a heart attack. Your doctor will probably tell you not to take nortriptyline
- Do not take nortriptyline if you have taken other drugs for depression such as MOAIs (phenelzine, tranylcypromine) or drugs for Parkinson's disease (selegiline or rasagiline) in the last 14 days. Taking those drugs with nortriptyline can cause dangerous high blood pressure. If you are not sure, ask your doctor or pharmacist
- Tell your doctor if you are pregnant, plan to get pregnant, or are breastfeeding. You will need to talk about the benefits and risks of using this medication
- Talk with your doctor about the risks and benefits of taking this medicine if you are 65 years of age or older. You could have more side effects
- Tell your doctor if you drink large amounts of alcohol, have high blood sugar (diabetes), glaucoma, seizures, an enlarged prostate, difficulty urinating, overactive thyroid, schizophrenia, liver, kidney, or heart disease
- An unsafe heartbeat that is not normal (long QT on EKG) has happened with this medicine. Talk with your doctor about the risks and benefits of using this class of medicine
- It may take a few weeks for you to see the benefits of taking this medicine
- Do not stop taking this medicine all of a sudden without talking to your doctor. You may have a greater risk of side effects; you will want to stop this medicine slowly
- You may get sunburned more easily. Avoid sun, sunlamps, and tanning beds. Use sunscreen and wear clothing and eyewear that protects you from the sun
- This medicine may make you feel dizzy. To lower the chance of feeling dizzy or passing out, rise slowly over a few minutes when sitting or lying down
- Nortriptyline may make you drowsy. Do not drive a car or operate machinery until you know how this medicine affects you
- Avoid beer, wine, mixed drinks, or other drugs and natural products that slow your actions
- It is **important** to store this medicine in a safe place that is out of the reach of children and pets

If you have any of the following side effects, call your doctor or visit the emergency room immediately:

- A fast heartbeat, or heartbeat that does not feel normal
- Very bad dizziness or passing out
- Blurred vision
- Change in thinking clearly and with logic
- Change in balance
- Trouble speaking
- Not able to pass urine
- Any bruising or bleeding
- Seizures
- Chest pain or pressure
- If you are planning to harm yourself
- Signs of liver problems like dark urine, not hungry, light-colored stools, throwing up, yellow skin or eyes
- Signs of an allergic reaction like rash; hives; itching, red, swollen, blistered, or peeling skin with or without fever; wheezing, tightness in chest or throat, trouble breathing; or swelling of the mouth face, lips, tongue, or throat