

# Marplan (isocarboxazid) basics

**Helps improve your mood.** Marplan (isocarboxazid) is an antidepressant that only recommended if other medications haven't worked.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Marplan (isocarboxazid)</b> Drug effectiveness			[Blue bar from Week 1 to Month 4]		
<b>Possible side effects</b>					
<b>Headache</b> 15% chance vs. 13% placebo*	[Red bar from Hour 0 to Month 4]				
<b>Dizziness</b> 28% chance vs. 14% placebo*	[Red bar from Hour 0 to Month 4]				
<b>Anxiety</b> 2% chance vs. 1% placebo*		[Red bar from Day 1 to Week 4]			

\* Placebo is a sugar pill with no medicinal benefit.

## Tips from pharmacists

- It may take up to 4 weeks to see full effects of Marplan (isocarboxazid).
- If you don't notice any change in your mood after 4-6 weeks of taking Marplan (isocarboxazid), talk to your doctor.
- Do not stop Marplan (isocarboxazid) suddenly without talking to your doctor.
- Limit the amount of alcohol and caffeine you consume while taking Marplan (isocarboxazid).
- You'll have to limit certain foods in your diet while taking Marplan (isocarboxazid) because they can raise your blood pressure.

## Risks and warnings

The FDA has identified these as possible serious or life-threatening risks with this medication. Contact your doctor if you experience any of these.

### Increased risk of suicide

Taking Marplan (isocarboxazid) can make you more likely to harm yourself or commit suicide, especially if you are younger and during the first few weeks of taking the medicine. If you feel like you want to hurt yourself while taking Marplan (isocarboxazid), call the doctor right away.

### Withdrawal syndrome

Do not stop taking Marplan (isocarboxazid) suddenly without talking to your doctor. Talk to your doctor if Marplan (isocarboxazid) isn't working for you or you want to change to another medicine, since you'll have to slowly decrease the dose. Stopping it suddenly can make your depression come back.

### High blood pressure

Certain foods can cause your blood pressure to go up while you're taking Marplan (isocarboxazid). This can be very dangerous if you already have high blood pressure. This includes fermented or smoked foods like cheese, alcohol, soy sauce, fish sauce, pickles and dried sausage. You'll need to limit the amount of these foods you consume. Talk to your doctor or pharmacist if you have questions.