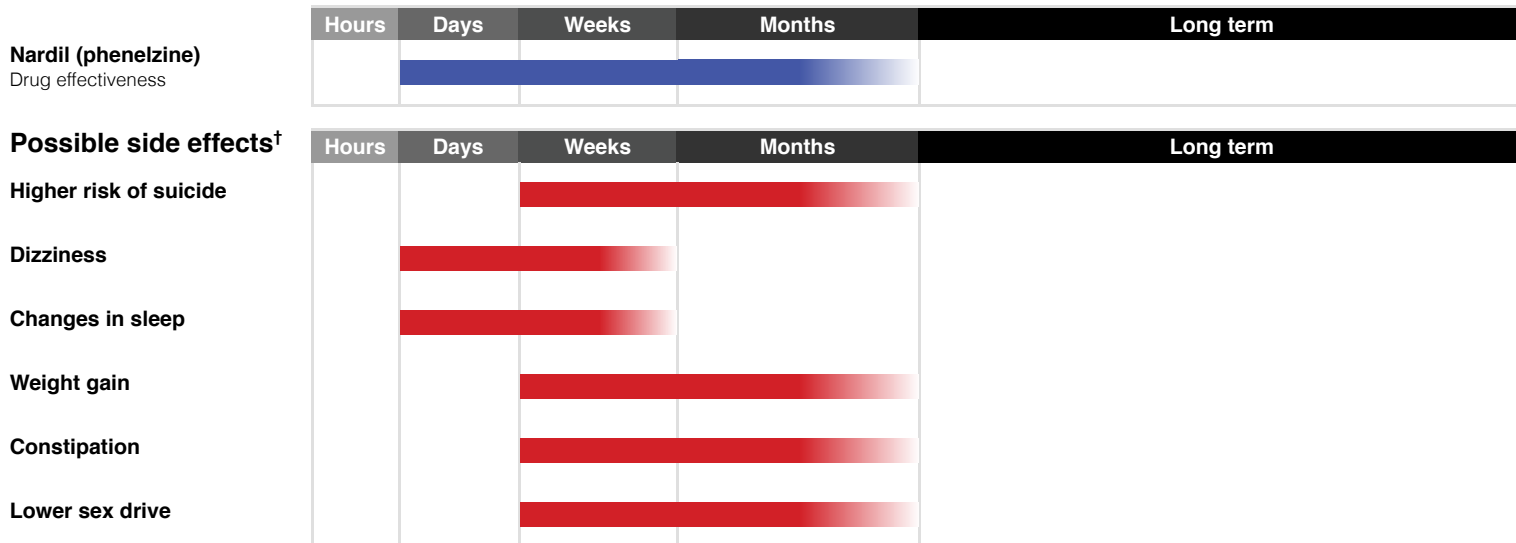


# Nardil (phenelzine) basics

**Stabilizes your mood.** Nardil (phenelzine) is not a first choice for treating depression, but it can be good if other medicines haven't worked. It can interact with a lot of medicines, and you have to avoid certain foods and alcohol.

## What to expect when starting

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



<sup>†</sup> Data on frequency of side effects is not available.

## Tips from pharmacists

- If you're switching from Nardil (phenelzine) to another antidepressant, you have to wait at least 2 weeks after stopping Nardil (phenelzine) to safely start the new one.
- Avoid smoked meats, cheese, soy sauce, and other fermented foods because Nardil (phenelzine) can raise your blood pressure.
- Nardil (phenelzine) can cause weight gain.
- You might not notice any changes in your mood until you've taken Nardil (phenelzine) for at least 4 weeks.
- Don't stop taking Nardil (phenelzine) suddenly without talking to your doctor first.
- Avoid alcohol and limit the amount of caffeine you take if you take Nardil (phenelzine).

## 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.

### Higher risk of suicide

Taking Nardil (phenelzine) can make you more likely to harm yourself or commit suicide, especially if you are younger and during the first few weeks of taking it. If you or your child feel like they want to hurt themselves while taking Nardil (phenelzine), call the doctor right away.

### Possible bipolar disorder

Sometimes depression can be the first sign of a bipolar disorder, and taking medicines like Nardil (phenelzine) might start a bipolar episode. Talk to your doctor right away if you or your loved ones notice unusual changes in your behavior.

### High blood pressure

Eating certain foods or drinking beer or wine while taking Nardil (phenelzine) can cause your blood pressure to become dangerously high. Talk to your doctor or go to the emergency room right away if you get a very bad headache, changes in your heart rate, neck stiffness or soreness, or nausea and vomiting.