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EMSAM Medication Guide

Read this Medication Guide carefully before you start using EMSAM.

Dietary Guidelines

EMSAM contains a medicine called a monoamine oxidase inhibitor, also called an MAOI. MAOI medicines, including EMSAM, can cause a sudden, large increase in blood pressure (hypertensive crisis) if you eat foods or drinks that contain high amounts of tyramine. Hypertensive crisis can be a life-threatening condition.

You must avoid (not eat or drink) certain foods and drinks while using EMSAM 9 mg/24 hour and EMSAM 12 mg/24 hour and EMSAM 12 mg/24 hour patches. You do not have to make any diet changes with the EMSAM 6 mg/24 hour patch.

Tyramine rich foods and drinks to avoid:

- ◆ Air dried, aged and fermented meats, sausage and salamis.
- ◆ Pickled herring.
- ◆ Any spoiled or improperly stored meat, poultry and fish. These are foods that have a change in color, odor or become moldy.
- ◆ Spoiled or improperly stored animal livers.
- ◆ Broad bean pods (fava bean pods).
- ◆ Aged cheeses.
- ◆ All tap beers, and other beers that have not been pasteurized.
- ◆ Concentrated yeast extract (such as Marmite).
- ◆ Sauerkraut.
- ◆ Most soybean products (including soy sauce and tofu).
- ◆ Over-the-counter supplements containing tyramine.

Medication Guidelines

EMSAM (selegiline transdermal system) can cause serious and potentially life-threatening reactions if used with certain other medicines. Do not take the following medicines while using EMSAM, and for two weeks after stopping EMSAM:

- ◆ Other medicines to treat depression (antidepressants) including other MAOI medicines.
- ◆ Medicine which contains selegiline (such as Eldepryl®).
- ◆ St. John's wort (an herbal supplement).

- ◆ Demerol® (meperidine) or medicines that contain meperidine (a narcotic pain medicine) or the pain medicines tramadol, methadone, or propoxyphene.
- ◆ Tegretol® (carbamazepine) or other medicines that contain carbamazepine (a seizure medicine).
- ◆ Trileptal® (oxcarbazepine) or other medicines that contain oxcarbazepine (a seizure medicine).
- ◆ Cold or cough preparations that contain dextromethorphan.
- ◆ Flexeril® or other medicines that contain cyclobenzaprine (a medicine used to treat muscle spasms).
- ◆ Decongestant medicines, found in many products to treat cold symptoms.
- ◆ Over-the-counter diet pills or herbal weight-loss products.
- ◆ Any herbal or dietary supplements that contain tyramine.
- ◆ Medicines called amphetamines, stimulants used to treat attention deficit disorder or any drugs called “upper”.
- ◆ BuSpar® (buspirone HCl), an anxiety medicine.

Tell your doctor about all the medicines you take including prescription and non-prescription medicines, vitamins and herbal supplements. EMSAM can cause a serious and life-threatening reaction if used with certain other medicines.

Do not take other medicines while using EMSAM or for two weeks after you stop using it unless your doctor has told you it is okay.

This is not an exhaustive list of substances that might interact badly with your medication. **ALWAYS CHECK WITH YOUR DOCTOR ABOUT POTENTIAL INTERACTIONS BETWEEN EMSAM AND OTHER MEDICATIONS.**