

# MAO Inhibitors

## MAO Inhibitors

You are taking MAO inhibitors to treat depression, anxiety or panic attacks.

The name of the medicine you are taking is:

brand name: \_\_\_\_\_

generic name: \_\_\_\_\_

## Possible Side Effects

This is a partial list of the side effects you may have with this medicine. You may have some, all or none of those listed, or you may have other side effects not listed.

- sleeping problems (restlessness, insomnia or drowsiness)
- constipation or diarrhea
- decrease in appetite
- dry mouth
- upset stomach (nausea), throwing up (vomiting) or both
- headache
- weakness
- skin rash
- dizziness
- weight gain
- a sudden drop in blood pressure upon standing that makes you feel faint or dizzy (called orthostatic hypotension).

## Special Notes

- The following foods can cause severely high blood pressure, which can cause death.  
**Do not eat the following foods:**
  - strong aged or ripened cheese
  - meat tenderizers
  - pickled foods (herring, sauerkraut)
  - Chianti wine
  - sherry
  - brewer's yeast
  - chicken livers.
- Do not eat or drink large amounts of:
  - strong beer
  - aged red wine
  - cured, aged or smoked meats or fish
  - over-ripe bananas or avocados
  - dried fruits (canned figs, raisins, prunes)
  - soy sauce, shrimp sauce, fish sauce, miso and teriyaki sauce
  - soybeans and soy products
  - snow peas, fava beans.
- You may want to wear a medical bracelet or necklace that identifies you as someone who takes MAO inhibitors.
- Tell other health care providers you are taking MAO inhibitors. The medicine may interfere with other prescriptions.
- Tell your mental health provider if you become pregnant or start breastfeeding while taking MAO inhibitors.

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## Other Medicine Information

- Tell your mental health provider if you are taking **any** prescription, over-the-counter, herbal or natural products, or alcohol. They may interfere with MAO inhibitors.
- Talk with your mental health provider if you are thinking of changing doses, starting a new medicine or stopping any of your medicines.

## When To Call Your Mental Health Provider

Call your mental health provider if you:

- have a severe headache
- have neck stiffness, soreness or both
- have unusual sweating
- have severe nausea and vomiting
- feel chest pain
- feel heart palpitations (irregular heartbeats)
- have unusual eye sensitivity to light
- develop a rash or hives.

Talk with your mental health provider, nurse or pharmacist if you have questions.