



MAOI - INFORMED CONSENT FOR MEDICATION

<u>Medication Category:</u> Monoamine Oxidase Inhibitors (also known as MAOI's) –these are a type of antidepressant medication	<u>Medications in this Category:</u> isocaboxazid (Marplan) pheneizine (Nardil)
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Anticipated dosage range: _____

About your medicine:

MAOI's are medications used in the treatment of depression. They elevate mood, improve appetite and sleep, and to restore interest in usual activities. These medications seem to work by blocking the action of monoamine oxidase, and enzyme that deactivated the body's own mood-elevating substances. This effectively increases the amount of these naturally occurring substances in the brain. This effect is indirect and may take a few weeks to take effect.

Side Effects:

Every medication is capable of producing side effects. Many MAOI users experience no, or minor side effects. The frequency and severity of side effects depend on many factors including dose, duration of therapy and individual susceptibility. Possible side effects include:

More Common: dizziness or light-headedness, especially when getting up from a lying or sitting position; blurred vision, constipation, decreased sexual ability, difficult urination, drowsiness, headache, increased appetite or weight gain, muscle twitching during sleep, restlessness, shakiness or trembling, trouble sleeping, tiredness or weakness.

Less Common: diarrhea, fast or pounding heartbeat, swelling of feet or lower legs, unusual excitement or nervousness, chills and dry mouth, elevated temperature.

Precautions: When taken with certain foods, drinks or other medicines, MAO inhibitors can cause sudden and dangerous increases in blood pressure. To avoid such reactions, anyone using these medications must avoid foods listed on the other side of the page, and check with a physician, nurse or pharmacist before taking ANY medication, even non-prescription medications.

Do not eat foods that have a high tyramine content

- Foods definitely to be avoided: Beer, red wine, aged cheeses (cottage and cream cheese are allowed), dry sausage, fava or Italian green beans, brewer's yeast, smoked fish, and liver.

- Foods that may cause problems in large amounts but are usually OK if eaten in moderate quantities: alcohol, ripe avocado, yogurt, ripe bananas, soy sauce.
- Foods that are not usually problematic in normal quantities: chocolate, figs, meat tenderizers, caffeine-containing beverages, raisins.
- Always inform your doctor, nurse, or pharmacist if you have ever had an allergic reaction to any medication before starting on a new medication.
- Interactions between different medications are common. Make sure that all of your prescribers know that you are taking this medication.
- Continue to take these drugs as directed, even after symptoms are no longer present. They control the illness and keep symptoms from returning. These medications are not addicting.
- If a dose is missed, take it as soon as possible. If it is nearing time for the next dose, do not double the dose in order to “catch up” (unless advised to do so by your prescriber). Use exactly as prescribed.
- May cause drowsiness or blurred vision. Use caution while driving or performing other tasks requiring alertness.
- Notify your prescriber if severe headache, skin rash, darkening of the urine, pale stools, yellowing of skin or eyes or other unusual symptoms occur.
- Improvement may not be seen for several days to a few weeks. It is important to keep taking the medication regularly, and keep taking it for a long enough period to determine if it will be helpful for you.
- Notify your doctor if you are pregnant or intend to become pregnant or if you are breast-feeding.
- Keep out of the reach of children.

By my signature below, I give consent for the above-named medication to be administered and for a change of medication within this medication category. My signature also indicates that I am aware of, have read and discussed the reasons for the use of this medication, and its potential risks and benefits.

Client Signature: _____ Date Signed: _____

Witness Signature: _____ Date Signed: _____

Pathway Clinic, SC/Wisconsin Eating Disorder Specialists/The REDI Clinic