



YOUR GUIDE TO


Brintellix[®]
vortioxetine

This booklet is intended for use only by patients who have been prescribed Brintellix.

Getting started with Brintellix®

Your guide to Brintellix®

Getting started with Brintellix®	1
Depression	2
Brintellix® FAQs	5
Tracking your progress	13

Starting a new medicine can be emotional – some people feel motivated, while others feel anxious – and it can be hard to remember everything your doctor or pharmacist has told you.

This booklet has been designed to help you talk to your doctor or pharmacist about depression and your treatment with Brintellix. It includes:

- Information about depression
- Information about how Brintellix works and how to take it
- A simple mood diary that will help you and your doctor monitor your recovery

This booklet doesn't replace advice from your healthcare provider, so always talk to your doctor or pharmacist if you have any questions or concerns – they are there to help you.

This booklet is intended to be read alongside the Brintellix Consumer Medicine Information, which contains more information about Brintellix.



For a copy of the Brintellix Consumer Medicine Information, please call Lundbeck Australia on **1300 721 277**



or access it at www.lundbeck.com/au/our-science/products



or inside your Brintellix pack

Depression

What is depression?

Feeling sad from time to time is a normal part of life – it's a natural reaction to upsetting situations, and it's usually short-lived.²

In people with depression, however, sadness or low mood can persist for much longer periods, for months or even years. Sometimes it starts without an obvious cause.³⁻⁵

When you have depression, it interferes with everyday life, affecting you and those around you.⁴

What causes depression?

The exact cause of depression isn't yet fully understood, but it often results from past events or experiences, plus personal factors such as genetics.⁶



What are the symptoms of depression?

You've probably noticed changes in your feelings as well as physical changes.⁴

Common symptoms that you might be experiencing include:^{3,4}



- Low mood
- Loss of interest or pleasure
- Recurring thoughts about death or suicide



- Being unable to concentrate
- Being indecisive
- Sleeping too much or too little



- Feeling fatigued
- Noticeably slowed thinking or movements
- Seen to be restless or unable to remain calm
- Changes in weight or appetite

Brintellix® FAQs

Looking after yourself

Looking after yourself and staying as mentally well as possible is important. Here are some strategies you may find useful if you're having difficulty coping with the challenges of everyday life or stresses at work:^{7,8}

- Finding time to do the things you enjoy helps take your mind off daily worries and reduce stress⁷
- Keeping active helps you stay both physically fit and mentally healthy⁷
- Getting a good night's sleep is important – poor or disrupted sleep can affect you physically and how well you perform mentally⁷
- Learning some simple everyday relaxation exercises helps relax your mind and body⁷
- Eating a healthy, balanced diet is good for your physical and mental health⁷
- Leaving work at work – try not to make a habit of bringing work (and stress) home⁸
- Planning work carefully so that you can meet deadlines without too much pressure⁸
- Taking your holiday leave – extended breaks help minimise stress⁸

Your doctor has prescribed you Brintellix to help manage your depression. Here you'll find answers to common questions about Brintellix.

What is Brintellix®?

- Brintellix contains a medicine called vortioxetine, which is used to treat major depressive disorder in adults.¹
- Brintellix is available as a tablet. It is available in four doses (5 mg, 10 mg, 15 mg and 20 mg), in packs of 28 tablets.¹

How does Brintellix® work?

- Brintellix is an antidepressant medication that works by affecting various chemicals in the brain that are thought to be involved in mood and related mental processes.¹



Can I take Brintellix®?

- Some people can't take Brintellix. If you have an allergy to vortioxetine or any other ingredient in Brintellix tablets, do not take Brintellix. You can find the full list of ingredients contained in Brintellix tablets in the Consumer Medicine Information. If you're unsure about whether you can take Brintellix, ask your doctor or pharmacist.¹
- Examples of the symptoms of allergic reactions include:
 - Shortness of breath
 - Wheezing or trouble breathing
 - Swelling of the face, lips, tongue, or other parts of the body
 - Rash, itching or hives on the skin
- Also, do not take Brintellix if:
 - The expiry date has passed
 - The package is torn or has been tampered with
- If you are pregnant, trying to become pregnant or breastfeeding, talk to your doctor before taking Brintellix.¹

Brintellix does not contain lactose, gluten, sucrose, tartrazine or any other azo dyes.

Can I take other medications with Brintellix®?

- Some medicines should not be taken with Brintellix. These include, but are not limited to, some other medicines for depression or mood disorders.¹
- Some non-prescription medicines (also known as natural medicines) may interact with Brintellix. Always ask your doctor or pharmacist before taking any non-prescription medicines, to check whether they are compatible with Brintellix.¹
- Tell your doctor or pharmacist if you are taking, or planning to take, any other medicines, including ones that you can buy without a prescription from a pharmacy, supermarket or health food store.¹



How much Brintellix® should I take?

- You should take Brintellix as prescribed by your doctor.
- Most patients start on one Brintellix 10 mg tablet per day, but your doctor may prescribe a different dose based on your individual requirements.¹
- For people who are 65 years or older, the recommended starting dose is 5 mg per day.¹

How do I take Brintellix®?

- You can take Brintellix with or without food. The tablet should be taken with a full glass of water and swallowed whole. Try to remember to take Brintellix at the same time each day.¹

When will I start to feel better?

- It may take 2 weeks, or longer, before you notice any improvement. You should continue to take Brintellix even if it takes some time for you to start feeling better.¹ Consult your doctor or pharmacist if you have any concerns about your treatment.

It's important to keep taking Brintellix until your doctor tells you to stop!

What should I do if I miss a dose of Brintellix®?

- Take the next dose at the usual time!¹
- You should **not** take a double dose to make up for a missed dose!¹

What if I take too much Brintellix®?

- Immediately call your doctor or the Poisons Information Centre (telephone 13 11 26) for advice, or go to the Emergency Department at your nearest hospital, if you think that you or anyone else may have taken too much Brintellix!¹
- Take the Brintellix pack with you when you go to the hospital. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention!¹



Poisons
Information Centre

13 11 26



Potential side effects of Brintellix®

All medicines have side effects. Some people don't experience any and, if they do, they are usually minor and temporary. Serious side effects are possible, but rare. If serious side effects do occur, they may require immediate medical attention.¹

Side effects that you may experience, ranging from common and mild, to rare and severe, are listed here.

Speak to your doctor or pharmacist if you notice any of the following side effects and they worry you:¹

- Nausea
- Diarrhoea, constipation, vomiting
- Dizziness
- Itching of the whole body

Call your doctor straight away if you notice any of the following:¹

- Mania - e.g. excitement, over-activity and uninhibited behaviour
- Feeling tired, weak and sick with weak muscles or confusion (which might indicate low sodium levels in the blood)
- Tendency to bleed easily (including bruising)
- Enlarged pupils
- Feeling agitated or aggressive



Call your doctor immediately, or go to the Emergency Department at your nearest hospital, if you notice any of the following:¹

- Thoughts of harming yourself or thoughts of suicide
- Serious allergic reaction
 - Swelling of the face, lips, mouth or throat (which may lead to trouble swallowing or breathing)
 - A rash, itching or hives
- High fever, agitation, confusion, trembling and spasms (sudden contractions of muscles)
- Seizures
- Signs of bleeding
 - Vomiting blood
 - Blood in your stools
 - Stools that are dark in colour
- Increased levels of the hormone prolactin in your blood
- Excessive sweating

If you wish to cease treatment at any time it is important you do not stop taking Brintellix until you have spoken to your doctor.¹

Tracking your progress

The Brintellix® Pharmacy Program

As Brintellix is a private medicine (not subsidised by the government), the price per pack may vary.

Many pharmacies in Australia have agreed to a maximum price per pack of Brintellix for each of the four doses. For a full list of participating pharmacies in your local area, please visit

www.lundbeckpharmacyprogram.com.au, scan the QR code below, or call **1300 302 455**.



It can be helpful to keep notes about changes in how you're feeling and coping throughout your treatment. On the following pages, you'll find a simple diary that you can use to record your progress.

Day 1

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Day 2

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Day 3

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Day 4

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Day 7

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Day 14

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Day 21

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Day 28

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Month 2

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Month 3

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Month 4

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Month 5

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures

Month 6

Date: _____

My emotions and feelings

Very sad 1 2 3 4 5 Very happy

My ability to think clearly when working or studying

Very poor 1 2 3 4 5 Very good

My ability to concentrate, make decisions and plans

Very poor 1 2 3 4 5 Very good

How I feel in words or pictures



If you have questions or require further information about Brintellix, please **speak to your doctor or pharmacist**



To obtain a copy of the Brintellix Consumer Medicine Information, please call **1300 721 277**



The Brintellix Consumer Medicine Information is also available at **www.lundbeck.com/au/our-science/products** or inside your Brintellix pack



To report any adverse events, email **SafetyLuAustralia@lundbeck.com**



For information regarding the Brintellix Pharmacy Program, **call 1300 302 455**

References:

1. Brintellix® (vortioxetine) Consumer Medicine Information.
2. healthdirect. Sadness. <https://www.healthdirect.gov.au/sadness> (accessed July 2021).
3. American Psychiatric Association. Diagnostic and statistical manual of mental disorders. 5th ed. Washington DC: American Psychiatric Publishing, 2013.
4. healthdirect. Depression – symptoms, types, treatment. <https://www.healthdirect.gov.au/depression> (accessed August 2023).
5. beyondblue. Depression. <https://www.beyondblue.org.au/mental-health/depression> (accessed August 2023).
6. beyondblue. Causes of depression. <https://www.beyondblue.org.au/mental-health/depression/causes-of-depression> (accessed August 2023).
7. beyondblue. Look after your mental health and well-being. <https://www.beyondblue.org.au/mental-health/wellbeing> (accessed August 2023).
8. beyondblue. Work and stress. <https://www.beyondblue.org.au/mental-health/work-stress> (accessed August 2023).
9. Depression Toolkit. Sticking with your treatment plan. <https://www.depressioncenter.org/toolkit/i-want-stay-mentally-healthy/sticking-your-treatment-plan> (accessed August 2023).

Brintellix[®]
vortioxetine

Lundbeck Australia Pty Ltd ABN 86 070 094 290.
Ground Floor, 1 Innovation Road, North Ryde NSW 2113.
Ph: +61 2 8669 1000. Fax: +61 2 8669 1090.
AU-BRIN-0664. December 2023. 002256.

