

**Figure A.1 The monoamine oxidase inhibitors advice card**

PATIENT

MEDICINES

Unless otherwise advised, the following foods and medicines should be avoided while taking this medication and for at least two weeks after ceasing therapy:

**FOODS**

The medicine that has been prescribed for you reacts with tyramine, which is found in a variety of foods, some of which you will need to avoid. It is important to eat food that is as FRESH as possible. DO NOT use leftover foods. This rule applies particularly to protein foods, such as meat, fish, game and offal (liver, heart, brains, sweetbreads, tripe, kidney). Avoid any food that has caused you unpleasant reactions in the past.

***Avoid at all times***

Matured cheeses

Beers and chianti

Yeast extract products (Marmite, Bovril, Vegemite, Promite, Bonox, vitamin products)

Salted or pickled herrings

Fermented or 'aged' foods (e.g. some game, salami, dried sausage, pâté)

***These foods may be consumed in amounts not greater than listed***

Bananas (not overripe)—2 medium per day

Avocado—1 medium per day

Wines (other than chianti)—1 glass per day

Spirits—1 measure per day

**MEDICINES**

Consult your pharmacist or doctor before using any other medicine including complementary medicines. If you are to receive an anaesthetic for surgical or other purposes, advise the doctor or dentist that you are taking this medicine.

***Avoid using***

Nasal drops/sprays containing ephedrine, phenylephrine.

Cough mixtures or cold or hay fever preparations containing ephedrine, pseudoephedrine, phenylephrine or dextromethorphan.