

Tranlycypromine

Parnate, an older antidepressant that comes with food rules

Tranlycypromine is a strong option for depression that has not responded to other medicines, and its food rules matter every day.

WHAT IT TREATS

Hard-to-treat depression

HOW YOU TAKE IT

By mouth, spread over the day

WHEN IT WORKS

2-4 weeks; fuller by 6

FOOD RULES

Yes, strict and daily

⚠️ IMPORTANT SAFETY WARNING

Aged or fermented foods and certain medicines can send your blood pressure dangerously high with this. It can also bring on new thoughts of suicide, mostly in people under **25**. Call **911** for a sudden pounding headache, and **988** for those thoughts.

① WHAT THIS MEDICINE DOES

- **Tranlycypromine** blocks the enzyme that breaks down your mood chemicals, leaving more of them working in your brain.
- It tends to be energizing rather than calming, so it is often chosen when depression leaves you flat and slowed down.
- That same enzyme clears a food chemical called tyramine, so the foods you eat become part of staying safe on it.
- It is usually reserved for depression that other medicines have not touched, and it has a strong record there.

⌚ HOW TO TAKE IT

- Take **tranlycypromine** at the times your prescriber set. The last dose of the day is kept early to protect sleep.
- Begin the food rules the day you start, and keep following them for **2 weeks** after your final dose.
- Carry a card or a phone note naming this medicine, so an emergency team knows what you take before treating you.
- If you miss a dose, take it when you remember unless the next one is close. Do not take two doses at once.
- Store it at room temperature in its own bottle, away from heat, and out of reach of children and pets.

🔧 WHAT TO EXPECT

- Mood usually starts to shift in **2 to 4 weeks**, with the fullest benefit closer to **6 weeks** of steady use.
- Energy and motivation often return before your mood catches up, which can feel odd but is a good early sign.
- Your prescriber will watch your blood pressure closely and may ask you to check and write it down at home.
- Working looks like getting out of bed without a fight, finishing what you start, and wanting company again.

♥️ COMMON SIDE EFFECTS

- Trouble sleeping: keep the last dose early in the day, cut evening caffeine, and keep a steady bedtime routine.
- Dizziness when you stand: rise in two stages, drink enough water, and add salt only if your prescriber agrees.
- Restless or jittery feeling: it often eases in the first weeks, and cutting coffee and energy drinks helps a lot.
- Dry mouth: sip water through the day, chew sugar-free gum, and keep up dental visits to protect your teeth.
- Sexual side effects such as delayed climax: common and worth raising, because there are real ways to work around it.
- Headache that is mild and steady: usually fine, but any sudden severe headache is an emergency, not a side effect.

⚠️ CALL YOUR PRESCRIBER OR GET HELP RIGHT AWAY IF

- A sudden pounding headache, a stiff neck, or chest pain means call **911**. Your blood pressure may be spiking.
- Sudden blurred vision, a racing heart, or sweating with nausea after eating is also a **911** call.
- New or worse thoughts of suicide: call or text **988** now, and tell your prescriber the same day.
- Fever with stiff muscles, shivering, and confusion needs an ER visit rather than a phone call.

🚫 WHAT TO AVOID

- Skip aged cheeses such as cheddar, blue, and parmesan. Fresh cottage, ricotta, and cream cheese are fine.
- Skip cured and fermented meats: salami, pepperoni, summer sausage, and any meat left sitting in the fridge.
- Skip tap beer and unpasteurized beer, soy sauce, miso, Marmite, sauerkraut, kimchi, and fava beans.
- Many cold, cough, and allergy medicines can spike your blood pressure. Ask the pharmacist before buying anything.
- Some antidepressants and pain medicines are dangerous with this, so every prescriber and pharmacist must know.

⌚ STOPPING IT SAFELY

- Do not stop on your own. Your prescriber will lower it in steps, since a sudden stop can leave you very unwell.
- Keep following the food rules for a full **2 weeks** after your last dose, while the enzyme comes back.
- Stopping fast can bring anxiety, bad dreams, sweating, and a wired feeling that lasts for several days.
- Starting any new antidepressant has to wait out that **2 week** gap, and your prescriber will schedule it.

❓ QUESTIONS TO ASK

- Can I get the food list in writing to keep on my fridge?
- Which cold and allergy medicines are safe for me to buy?
- Should I check my blood pressure at home, and how often?
- What is my plan if I get a sudden severe headache at night?

Where this information comes from

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NOTE

Sources are listed in APA 7th edition style. This handout is general information about a medicine, not medical advice, and it does not replace the instructions from your own prescriber or pharmacist. Never start, change, or stop a medicine on your own. If you think you are having a serious reaction, call your prescriber; if you cannot breathe, cannot stay awake, or are thinking of harming yourself, call 911 or 988 right away.