

To:

Director of Pharmaceutical Care, Royal Hospital
Director of Pharmaceutical Care, Khoula Hospital
Pharmacist Incharge, Al Nahda Hospital
Director General of Health Services in all Governorates
Director General of Pvt. Health Est. Affairs (to kindly arrange distribution to all Pvt. Health Institutions)
Director of Pharmaceutical Care, DGMS
Pharmacist Incharge, Al Massarah Hospital
The Head of Medical Services in University Medical City
The Head of Medical Services in Medical City for Military and Security Services
Director of Pharmacy of Qaboos Comprehensive Cancer Care & Research Center
Pharmacist Incharge, The Sultan's Special Force
Pharmacist Incharge, Internal Security Services
Pharmacist Incharge, Petroleum Development of Oman
Pharmacist Incharge, LNG Oman
All Private Pharmacies & Drug Stores

After Compliments,

Kindly find attached our Circular No 102 dated 10/10/2026 Regarding Update to Health Care Professionals About **Antidepressants: new safety measures for all patients to improve communication of the risk of suicidal thoughts and behaviours and persistent sexual dysfunction.**

Copy to:

- Director of Pharmacovigilance Department, DSC
- Director of Medicine Registration Department, DSC
- Director of Regulatory Compliance Department, DSC
- Director of Central Quality Control Lab., DSC
- Director of Medical Device Department, DSC
- Section Head of Medicine Safety Evaluation
- Section Head of Quality Problems and Medication Errors.
- Section Head of Pharmacovigilance
- Section Head of Clinical Trials

Circular No. 102/2026

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20 -10-2026

Subject: Antidepressants: new safety measures for all patients to improve communication of the risk of suicidal thoughts and behaviours and persistent sexual dysfunction

The Drug Safety Center (DSC) would like to share new safety information published by the Medicines and Healthcare products Regulatory Agency (MHRA) regarding Antidepressants: new safety measures for all patients to improve communication of the risk of suicidal thoughts and behaviours and persistent sexual dysfunction.

Antidepressants are prescription medications used to treat major depression, anxiety disorders, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and chronic pain. They work by helping to balance natural chemical messengers (neurotransmitters) in the brain, such as serotonin, norepinephrine, and dopamine.

Advice for Healthcare Professionals:

- discuss with patients when starting or changing the dose of an antidepressant or at their next review, the risk of suicidal thoughts and behaviours. Advise patients to seek urgent medical attention if they experience new or worsening feelings of suicidal intent in relation to starting an antidepressant, especially early in treatment or following dose changes.
- discuss with patients when starting or changing the dose of an antidepressant, or at their next review, that there is evidence that some antidepressants are associated with a risk of sexual dysfunction and that symptoms may continue after stopping treatment with certain antidepressants. Some patients refer to this as post SSRI sexual dysfunction "PSSD".

Advice for Healthcare Professionals to Provide to Patients:

- if you have new or worsening suicidal thoughts, particularly when starting or changing dose of antidepressants, seek urgent medical attention.
- there is the potential for you to experience sexual dysfunction with some antidepressants, which may continue even after you stop the medicine. Please contact your healthcare professional if you have any concerns.
- these are not new risks for these medicines, but it is important to be aware of them.
- do not stop taking your medicine without first speaking to your healthcare professional.
- please also read the patient card and the Patient Information Leaflet which contains important information about your medicine.

Call to report:

Antidepressant is registered in Oman. All healthcare professionals, patients, and caregivers are requested to submit any adverse drug reactions through Ministry of Health e-portal to the Pharmacovigilance Department under the Drug Safety Center.



Ph. Ibrahim Nasser Al Rashdi
Director General

