

Educational Links (English):

- ❖ <http://www.medicinenet.com/antidepressants/article.htm>
- ❖ <http://www.mayoclinic.org/diseases-conditions/depression/in-depth/antidepressants/art-20046273>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/antidepressants.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/antidepressants/keyfacts.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/antidepressants/comingoffantidepressants.aspx>
- ❖ <https://www.nimh.nih.gov/health/topics/mental-health-medications/index.shtml>

Lumos Psychiatric Services



Educational Booklet: Antidepressants

Antidepressants are medications for the treatment of major depression and anxiety disorders. Most antidepressants are also effective in treating anxiety disorders, often associated with depression. They may have other uses not described in this brochure.

Before starting an antidepressant, tell your doctor if:

- ❖ Suffers from drug allergies
- ❖ Are pregnant or nursing
- ❖ Use over-the-counter or natural products
- ❖ Has heart problems
- ❖ Having trouble urinating
- ❖ Has glaucoma
- ❖ Has seizures

REMEMBER TO TAKE YOUR MEDICATIONS AS INDICATED BY YOUR MEDICAL WITHOUT MAKING CHANGES IN FREQUENCY OR PRESCRIPTION DOSAGE.

Name of the most common antidepressants:

- ❖ Serotonin Reuptake Inhibitors: Fluoxetine (Prozac), Sertraline (Zoloft), Paroxetine (Paxil), Citalopram (Celexa), Escitalopram (Lexapro), Vilazodone (Viibryd)
- ❖ Norepinephrine and Serotonin Reuptake Inhibitors: Duloxetine (Cymbalta), Venlafaxine (Effexor), Desvenlafaxine (Pristiq), Levomilnacipram (Fetzima)
- ❖ Tricyclic Antidepressants: Amitriptyline (Elavil), Nortriptyline (Pamelor), Imipramine (Tofranil), Clomipramine (Anafranil), Desipramine (Norpramin), Doxepin (Silenor).
- ❖ Other Antidepressants: Bupropion (Wellbutrin), Mirtazapine (Remeron), Trazodone (Desyrel), Vortioxetine (Trintellix)

When you start taking antidepressants, the therapeutic effect (decreased symptoms) is usually not immediate and may take about 2-4 weeks. The medicine should not be discontinued unless your doctor tells you to.



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Indications for using an antidepressant:

- ❖ Major Depression with or Without Anxiety
- ❖ Obsessive-Compulsive Disorder
- ❖ Panic Disorder
- ❖ Insomnia
- ❖ Bulimia nervosa/Anorexia Nervosa
- ❖ Pre-Menstrual Syndrome
- ❖ Enuresis (urinating at sleep)
- ❖ Migraine
- ❖ Attention Deficit Disorder

Most Common Side Effects of Antidepressants:

- ❖ Gastrointestinal problems (stomach upset, diarrhea, nausea, vomiting, constipation)
- ❖ Activation in energy or nervousness
- ❖ Sedation
- ❖ Dry mouth
- ❖ Sexual dysfunction
- ❖ Decreased blood pressure
- ❖ Headache
- ❖ Difficulty urinating
- ❖ Palpitations
- ❖ Blurred vision
- ❖ Seizures

Contraindications for using antidepressants:

- ❖ If you have had a drug allergy
- ❖ If you have glaucoma
- ❖ Have heart conduction problems (arrhythmias, blockages)
- ❖ If you are currently using an MAO Inhibitor:
 - Phenelzine (Nardil)
 - Trancylpromine (Parnate)
 - Isocarboxacid (Marplan)
 - Selegiline (Emsam)

Most common questions:

How long will I have to take the antidepressant?

The best remedy to avoid relapse is to use the right treatment for as long as necessary, which usually lasts between 6 and 18 months. In case of recurrent depressions or many relapses, it is advisable to use it for a longer period of time, such as years or sometimes lifetime use.

Does the use of antidepressants create dependence or addiction?

No. Don't confuse antidepressants with some tranquilizers that can create dependence.

What should I do if the side effects are very bothersome?

Tell your doctor with peace of mind as soon as possible. Remember that the side effects will most likely last between 2 and 6 days. If necessary, it is possible to lower the dose or exchange the medicine for another antidepressant.

What can happen if you abruptly discontinued the antidepressant?

Antidepressants can cause withdrawal symptoms if you stop taking them suddenly. Some withdrawal symptoms you might feel are: anxiety, agitation, irritability, courage, flu-like symptoms, depression, insomnia, nightmares, nausea, vomiting, stomach cramps, tremors, muscle spasms, and/or dizziness. If you wish not to continue using the medicine, you should consult with your doctor to plan a method of gradual decline to avoid withdrawal symptoms.

General recommendations:

- ❖ See a psychiatrist for the treatment of your mental condition.
- ❖ Be patient about the response to medications.
- ❖ When taking your medications, be aware of any side effects that may occur.
- ❖ Do not discontinue medicines without first discussing it with your doctor.
- ❖ It is important to supplement the use of your medications by attending psychotherapy.

For questions or concerns, discuss it with your doctor.