



Dear Patient,

This letter is to help you get the most from your new antidepressant medication. These medications correct the amount of certain brain chemicals and are used to treat many things.

- **Schedule** a follow-up appointment NOW with the doctor that wrote your prescription. If it was prescribed to treat depression, you should be seen at least once a month during the first three months to make sure the medication is working its best. Some adjustment in dose or even a different medication may be needed.
- **Change** for the better may take up to three or four weeks after starting the medication. Stick with it and don't make any changes without first talking to your doctor. Most people take antidepressants for at least six months, many a year or longer. If you and your doctor decide that you no longer need it, the medication may be tapered off slowly. Any resulting problems should be reported at once.
- **Side-effects** may occur at the beginning of treatment (or when suddenly stopping medication) and generally go away with time. Contact your doctor or pharmacist if you have any side effects that don't go away or are bothersome. Common side effects include: nausea, loss of appetite, diarrhea, anxiety, irritability, problems sleeping, headaches, dizziness and loss of sexual desire.

We hope these tips will help you to get the most benefit from your medication.

Sincerely,