



## Common Side Effects of Antidepressants

SIDE EFFECT	SSRIs & EFFEXOR CYMBALTA (SNRI)	HETEROCYCLICS (HTC) (nortriptyline, amitriptyline, imipramine)	BUPROPION (DRI)	MIRTAZAPINE (Alpha 2A)	MANAGEMENT STRATEGY
Sedation	+/-	++	-	-	*Give medication at bedtime. *Try caffeine.
Anticholinergic-like symptoms Dry mouth/eyes, Constipation, Urinary retention, Tachycardia	+/-	+++	-	+/-	*Increase hydration. *Sugarless gum/candy. *Dietary fiber. *Artificial tears *Talk to FP about temporarily lowering dose.
GI distress, Nausea	++	-	+	+/-	*Often improves in 1-2 weeks. *Take with meals. *Consider antacids – Maalox, Rolaids, Tums.
Restlessness, Jitters/Tremors	+	+/-	++	-	*Talk with FP about temporarily lowering dose.
Headache	+	-	+	-	*Acetaminophen. *Talk with FP about temporarily lowering dose.
Insomnia	+	-	+	-	*Take medication in A.M. *Talk to FP if no improvement.
Sexual Dysfunction	++	-	-	-	*May be part of depression or medical disorders. *Decrease dose. *Talk to FP about lowering dose or ask at your next visit.
Weight gain	+/-	+/-	+/-	++	*Exercise. *Diet. *Ask at next visit about considering changing medications.

KEY: - Very unlikely    +/- Uncommon    + Mild    ++ Moderate

**Table for antidepressants**

Brand Name	Generic Name	Class
AMITRIPTYLINE	ELAVIL	HTC
CELEXA	CITALOPRAM	SSRI
CYMBALTA	DULOXETINE	SNRI
DESIPRAMINE	NORPRAMIN	HTC
EFFEXOR	VENFALAXINE	SNRI
LEXAPRO	ESCITALOPRAM	SSRI
LUVOX	FLUVOXAMINE	SSRI
NORTRIPTYLINE	PAMELOR	HTC
PAXIL PEXEVA PAXIL CR	PAROXETINE	SSRI
PROZAC SARAFEM  PROZAC WEEKLY	FLUOXETINE	SSRI

**Table for antidepressants**

Brand Name	Generic Name	Class
REMERON	MIRTAZAPINE	ALFA 2 A
REMERON SOL TAB	MIRTAZAPINE	ALFA 2 A
SERZONE	NEFAZODONE	SIA
TOFRANIL	IMIPRAMINE	HTC
TOFRANIL PM	IMIPRAMINE	HTC
TRAZODONE	DESYREL	SRA
WELLBUTRIN	BUPROPION	DRI
WELLBUTRIN SR	BUPROPION	DRI
WELLBUTRIN XL	BUPROPION	DRI
ZOLOFT	SERTRALINE	SSRI