

What You Should Know About Your Medication



Antidepressants are a commonly prescribed medication for treating depression, but they can also be used for anxiety, pain, and sleep disorders. Antidepressants may help improve your sleep, appetite, concentration, energy, and mood. If you are prescribed antidepressants, here are some important things to keep in mind:

| Adjustment Period

It may take a few weeks for your body to adjust to a new antidepressant. Talk to your doctor about any side effects you experience, as they typically diminish over time.

| Common Side Effects

Some common side effects include nausea, dry mouth, constipation, tiredness, worry, trouble sleeping, and low energy. Drinking plenty of water, chewing sugar-free gum, eating high-fiber foods, and getting regular exercise can help alleviate these side effects.

| Consistency Is Key

It's important to take your medication consistently, even if you start to feel better. Antidepressants build up in your system over time, so skipping doses can impact their effectiveness.

| Patience Is Required

It may take two to four weeks before you start feeling the full benefits of your medication. Don't get discouraged if you don't feel better right away.

| Not Addictive

Antidepressants are not addictive or habit-forming. However, it's important to follow your doctor's instructions and not exceed the prescribed dosage.

| Keep Your Appointments

Regular check-ups with your doctor are important to monitor your progress and make any necessary adjustments to your treatment plan.

| Communicate With Your Doctor

Be open and honest with your doctor about how you're feeling, any side effects you're experiencing, and any concerns or questions you may have. If you have suicidal thoughts, it's crucial to seek help immediately.

Remember, everyone's experience with medication is different. What works for one person may not work for another. It's important to work closely with your healthcare provider to find the right treatment plan for you.
