

Depression Medicine: Side Effects

At first, when you take depression medicine, you may feel some side effects.

Most side effects usually go away within a few weeks. But if you notice lasting side effects, there are things you can do to manage them so you can continue to take your medicines as prescribed.

For constipation: It helps to drink plenty of water. And try eating whole grains.

These include oats, whole-wheat pastas, whole-grain breads, and brown rice.

Also choose high-fiber fruits and vegetables.

Things like apples, beans, and broccoli.

For diarrhea: Try foods low in fat and fiber like applesauce, rice, and yogurt.

And limit spicy foods if you notice that these make your symptoms worse.

For dry mouth: Sip water throughout the day, and chew sugarless gum or candy.

If you're nauseous, take your medicine at night.

Try eating several small meals a day.

Dry starchy foods like crackers or dry toast help some people.

And ginger naturally soothes an upset stomach. So try foods and drinks made with ginger, such as ginger tea or ginger candy.

If your medicine keeps you awake, try taking it in the morning. If your medicine makes you sleepy, take it at night.

Sex or arousal problems are also common side effects of some medicines.

If this becomes an issue for you, talk to your doctor, they may have other medicines to try.

Remember, taking your depression medicines as prescribed is important for your health.

Most side effects can be managed.

Work with your doctor to find ways to manage them, or to change the dose or type of medicine you take.

If these tips aren't helping and your symptoms get worse or are not improving after several weeks of treatment call your doctor right away

With time and support, when you give your medicines a chance, you'll be giving yourself a chance to experience more joy in your life.

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