



Antidepressants: What You Need to Know

If you've been prescribed an antidepressant, it's important to take it the way your doctor tells you to. One of the best things you can do to reach your best health is to take your medicines in the correct way.

When you start a new medicine, you may have side effects as your body adjusts. Knowing what to expect when you begin taking a medicine can help you stay on track with your treatment plan.

Key Facts

Positive effects of the medicine may not start right away.

You may not feel better as soon as you start taking your medicine. It can take two to four weeks to start seeing positive effects.

Don't skip doses.

Keep taking your medicine the way your doctor tells you to. It is important that you do not stop, even if you don't feel better right away.

Follow-up care is key.

Go to all of your follow-up visits. Be sure to tell your doctor about how you have been feeling. Let them know about any side effects — they can work with you to make sure your dosage and treatment are right for you.

Talking to someone can help.

Along with taking medicine, talking with someone can often help you feel better. You may want to see a counselor or therapist as part of your treatment plan.

Antidepressants are not addictive.

You will not become addicted to antidepressants if you begin taking them.

Possible Side Effects

When you begin taking an antidepressant, you may have side effects for a while. Talk with your doctor about any side effects that you have.

Look over the chart below to see what you can do to help relieve some of your side effects if you have them.

SIDE EFFECT	WHAT YOU CAN DO
Nausea	<ul style="list-style-type: none">• Drink plenty of water.• Suck on hard candy.• Take your medicine closer to bedtime.
Dry Mouth	<ul style="list-style-type: none">• Chew sugar-free gum.• Drink water.• Suck on hard candy or ice chips.
Constipation	<ul style="list-style-type: none">• Drink water.• Exercise regularly.• Eat high-fiber foods, such as fresh fruits, vegetables, and whole grains.
Tiredness	<ul style="list-style-type: none">• Take a short nap during the day.• Take your medicine closer to bedtime.
Worry or Fear	<ul style="list-style-type: none">• Try breathing or mindfulness exercises.• Try light exercise, such as yoga or walking.• Talk to someone you trust.• Ask for help if you need it.
Trouble Sleeping	<ul style="list-style-type: none">• Try breathing exercises.• Take your medicine in the morning.• Avoid caffeine, which is often found in chocolate, coffee, tea, and soda.

Thank you for being our member. If you have any questions or would like help, please call us at 1-866-282-6280 (TTY: 711).