

Managing Medication Side Effects



Fatigue

- Take your medicine at bedtime
- Take short naps
- Exercise



Dizzy/ Lightheaded

- Get plenty of fluids
- Get up slowly when seated or lying down
- Ask your health care provider if wearing support hose will help



Dry mouth/eyes, constipation, water retention or fast heartbeat

- Drink liquids and sip water often
- Brush teeth two times a day and use sugarless gum or candy
- Eat more fiber
- Use eye drops (artificial tears)



Upset Stomach or Nausea

- Wait 1-2 weeks. Nausea often goes away on its own
- Take medicine with meals
- Ask your health care provider about adding another medicine like an antacid



Jitters, shakes or tremors

- Ask your health care provider if your depression can be managed with a lower dose of medicine



Restlessness, Anxiety and Agitation

- Ride a bike, jog or do other vigorous exercise
- Stay busy and focus on other things
- Use relaxation tools like muscle relaxation and deep breathing exercises
- Talk to your provider about changing medicines or adding a medicine to help you relax



Headache

- Take a pain reliever like acetaminophen (Tylenol or others) if your health care provider approves
- Ask your provider about taking a smaller dose



Insomnia (Hard Time Sleeping)

- Avoid caffeine (found in pop, coffee and chocolate)
- Take antidepressant in the morning
- Ask your health care provider about taking a medicine to help you sleep



Weight Gain

- Choose fruits, vegetables and whole grains and limit sweets, sugary drinks and fast foods
- Exercise 30 minutes each day
- Talk with your health care provider about changing medicines or doses



Problems with Sexual Function

- Ask your health care provider about changing your dose or your medicine
- Ask your provider about adding another medicine to treat sexual dysfunction
- Using medicine one time daily and planning sexual activity before that dose