Antidepressants for Chronic Pain
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Medication name: __________________________

Dose: __________________________

How can this medication help me?
This group of medications is often used to treat depression. They are also used to treat chronic pain.
How do I take antidepressants?

To get the full benefits of taking this medication, you must take it exactly as instructed. Call your family doctor, pharmacist, or the Pain Management Unit at 902-473-4130 if you have any questions or forget how to take your medication.

It is normally OK to take your usual pain relievers with antidepressants. It is always important to inform your pharmacist and family doctor about new medications you are taking.

What if I miss a dose?

If you miss a dose, take it as soon as you can. If it is almost time for your next dose, skip the missed dose.

Do not take double doses.
Special precautions

• Do not stop taking this medication unless your doctor tells you to.

• Increase or decrease your dose exactly as your doctor tells you. This is important so you get the best pain relief and lower any side effects.

• Tell your dentist, new doctors, or pharmacists that you are taking antidepressants.

• This medication may make you dizzy, light-headed, or drowsy. Make sure you know how you react to this medication before you drive, use machines, or do other jobs where you need to be alert and see well.

• Check with your doctor before you drink alcohol or take other medications. Antidepressants will increase the effects of alcohol and other CNS depressants (medicines that make you drowsy and less alert).
Common side effects

- Drowsiness
- Sick to your stomach, vomiting
- Unpleasant taste in your mouth
- Constipation
- Dry mouth
- Dizziness, light-headedness
- Gaining weight
- Feeling more hungry than usual
- Difficulty passing urine (pee)

Many side effects will pass within 2 weeks of starting this medication. If they are severe or unbearable, contact your doctor or the Pain Management Unit.

Where will I store my antidepressants?

- Keep this and all other medications out of the reach of children.
- Do not store any medication in a damp place such as the bathroom.
- Store your medication in a dry place.
Call your doctor right away if you have any of these rare side effects:

- Fast or irregular heartbeats/palpitations
- Fever or chills
- Agitation, confusion, hallucinations
- Extreme drowsiness
- Seizures, shaking, jerking of muscles
- Shortness of breath
- Extreme sweating
- Stiffness and slowed movements

Notes:

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Looking for more health information?
Contact your local public library for books, videos, magazines, and other resources.
For more information go to http://library.novascotia.ca

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www.nshealth.ca

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The information in this pamphlet is to be updated every 3 years or as needed.