

# Depression

Use this guide to help you talk to your doctor, pharmacist, or nurse about your medicines for depression. The guide lists all of the FDA-approved products now available to treat this condition. You will also find some general information to help you use your medicines wisely.





Do you feel depressed? Do not feel ashamed. Women are more likely than men to feel depressed. About 1 woman in 5 has depression in the U.S.

## **There is hope.**

Depression can be treated with medicine or counseling. Sometimes both are used. Talk to your doctor, pharmacist, or nurse to find out what will work best for you.

Use this guide to help you talk to your doctor, pharmacist, or nurse about medicines called **antidepressants** (an-tee-de-press-ants) that can help to treat depression. Ask your health care provider to tell you about all of the risks of taking the different medicines. This guide only talks about some of the risks.

### **Signs of Depression**

Everyone feels sad at times. People with **depression** feel sad most days. These feelings can get in the way of everyday life.

If you are depressed, you may:

- Feel sad.
- Feel tired all the time.
- Sleep too little or all the time.
- Cry a lot.
- Lose interest in eating.
- Eat too much.
- Have trouble paying attention.
- Feel nervous or cranky.
- Think about death or try to kill yourself.
- Notice that things that used to make you happy, do not make you happy anymore.

**Talk to your doctor about your feelings if you have noticed these signs for at least 2 weeks. Only your doctor or counselor can tell you if you have depression.**

## Depression and Pregnancy

### “The Baby Blues”

Having a baby can be a joyful time. However, some women cry a lot and feel sad right after they have a baby. This is called “the baby blues.” This feeling usually goes away after about two weeks.

If you still feel sad after two weeks, go to your doctor or clinic. You may be depressed. This type of depression is called postpartum depression because it starts after a woman has a baby. A woman can have this kind of depression up to one year after she has a baby.

Some women become depressed when they are pregnant or after they give birth. Other women notice that their depression gets worse during pregnancy.

No one knows the exact cause of depression during or after pregnancy. It may have something to do with:

- Stress.
- Hormones - After a woman has a baby, her hormone levels drop quickly.
- Having depression before you get pregnant.
- Lack of support from family and friends.
- Young age - The younger you are when you have your baby the more likely you are to become depressed.

### **Women should talk to their doctor about the risks of taking depression medicines during pregnancy.**

Depression can make it hard for a woman to take care of herself and her baby. It is important to talk to your doctor about your feelings. Also, try to get some help from your family, friends, or a support group.

- Ask a relative to watch your baby for a few hours.
- Join a group for new mothers.
- Ask a friend to cook a meal for your family or to help with chores.

### **Depression and Your Children**

Like adults, kids can also feel depressed. You should watch your children for signs of depression. Talk to your children if you notice changes in their behavior. Talk to your doctor or nurse if you are still concerned.

### **Children and teens can take medicines for depression.**

Prozac (Fluoxetine) is the only FDA-approved medicine for children and teens with depression. Talk to your doctor about important warnings for children and teens who take medicines for depression.

## Medicines for Depression

**There are many different kinds of medicine for depression.**

- Selective Serotonin Reuptake Inhibitors (SSRI)
- Monoamine Oxidase Inhibitors (MAOI)
- Tricyclic Antidepressants
- Atypical Antidepressants
- Selective Serotonin and Norepinephrine Reuptake Inhibitors (SNRI)

Read the information on the next few pages to find out some general facts about the different kinds of medicine for depression.

**Tell your doctor about any medicines that you are taking.** Do not forget about cold medicines and herbs like St. John's Wort. Some medicines will make you very sick if you take them while you are taking antidepressants.

Like any drug, depression medicines may cause some side effects. **Do not stop taking your medicines without first talking to your doctor.** Tell your doctor about any problems you are having. Your doctor will help you find the medicine that is best for you.

### Important Warnings about Medicines for Depression

**These medicines may increase the chance that children, teens, and young adults may think about or try to kill themselves.**

**Call a doctor right away if you notice these changes in yourself or someone else taking medicines for depression.**

- Think about dying or killing yourself
- Try to kill yourself
- Feel depressed or your depression gets worse
- Feel anxious or your anxiety gets worse
- Have panic attacks
- Have trouble sleeping (insomnia)
- Feel very agitated or restless
- Feel irritable
- Feel or act aggressive, angry or violent
- Act on dangerous impulses
- Talk more or become more active than is normal for you (mania)
- Notice other things in your behavior or mood that are not typical for you

## Questions To Ask Your Doctor

- What drugs am I taking?

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- What are the side effects?

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- What other prescription drugs should I avoid while taking my medicines?

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- What foods, herbs (like St. John's Wort), or over-the-counter medicines should I avoid?

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- When should I take each drug? How many times per day do I take each drug?

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- Can I take my medicines if I am pregnant or nursing?

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## Selective Serotonin Reuptake Inhibitors (SSRI)

Brand Name	Generic Name
Celexa	Citalopram
Lexapro	Escitalopram
Paxil	Paroxetine
Pexeva	Paroxetine
Prozac	Fluoxetine
Zoloft	Sertraline

### Warnings

- Do not take with certain other medicines: Monoamine Oxidase Inhibitors (MAOIs), Thioridazine, Orap
- Women should talk to their doctors about the risks of taking these drugs during pregnancy.

### Common Side Effects

- Nausea
- Tremor (Shaking)
- Nervousness
- Problems Sleeping
- Sexual Problems

### Less Common but Serious Side Effects

- Seizures
- Abnormal Bleeding
- Withdrawal Symptoms

## Monoamine Oxidase Inhibitors (MAOI)

Brand Name	Generic Name
<b>Emsam</b> (Skin Patch)	<b>Selegiline</b>
<b>Marplan</b>	<b>Isocarboxzaid</b>
<b>Nardil</b>	<b>Phenelzine</b>
<b>Parnate</b>	<b>Tranlycypromine</b>

### Warnings

- Do not take MAOIs if you are also taking other medicines for depression or central nervous system stimulants or depressants.
- Do not eat certain foods like cheese, wine, protein foods that have been aged, or any food containing tyramine.
- Do not take cold pills or decongestants.

### Common Side Effects

- Nausea
- Dizziness
- Restlessness
- Drowsiness
- Problems Sleeping

### Less Common but Serious Side Effects

- Headache
- Stroke
- Fainting
- Heart Palpitations
- Blood Pressure Changes

**For up-to-date information about the risks and side effects for each drug  
Check <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/>**



## Tricyclic Antidepressants

Brand Name	Generic Name
	Amitriptyline
	Amoxapine
Norpramin	Desipramine
Sinequan	Doxepin
Tofranil	Imipramine
Pamelor	Nortriptyline
Vivactil	Protriptyline
Surmontil	Trimipramine

### Warnings

- Do not take tricyclic antidepressants if you are also taking MAO Inhibitors (MAOIs).
- Do not take tricyclic antidepressants if you have narrow-angle glaucoma.

### Common Side Effects

- Dry Mouth • Constipation • Blurred Vision • Drowsiness • Low Blood Pressure

### Less Common but Serious Side Effects

- Problems Urinating
- Confusion
- Fainting
- Seizures
- Life-Threatening Irregular Heartbeat

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## Atypical Antidepressants

Brand Name	Generic Name
	Maprotiline

### Warnings

- Do not take if you have narrow-angle glaucoma or seizures.
- Be careful if you have liver or heart disease.
- Use caution if you drink alcohol or take barbiturates while taking this medicine.

### Common Side Effects

- Blurred Vision
- Feeling Dizzy or Lightheaded
- Drowsiness
- Feeling Tired or Weak
- Dry Mouth
- Headache

### Less Common but Serious Side Effects

- Confusion
- Problems Urinating
- Fainting

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## Atypical Antidepressants

Brand Name	Generic Name
	Trazodone

### Warnings

- Do not take Trazodone if you are also taking MAO Inhibitors (MAOIs).
- Use caution if you drink alcohol or take barbiturates while taking this medicine.
- Be careful if you have heart disease.

### Common Side Effects

- Dry Mouth
- Dizziness
- Blurred Vision
- Feeling Drowsy or Sleepy

### Less Common but Serious Side Effects

- Painful Erection That Lasts a Long Time
- Low Blood Pressure
- Fainting

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## Atypical Antidepressants

Brand Name	Generic Name
	Nefazodone

### Warnings

- Do not take Nefazodone if you are also taking MAO Inhibitors, Triazolam, or Alprazolam.
- Use caution if you drink alcohol while taking this medicine.

### Common Side Effects

- Dizziness
- Constipation
- Nausea
- Dry Mouth
- Feeling Drowsy or Sleepy

### Less Common but Serious Side Effects

- Confusion
- Fainting
- Liver Failure

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## Atypical Antidepressants

Brand Name	Generic Name
Remeron	Mirtazapine

### Warnings

- Do not take with other medicines for depression called MAO Inhibitors (MAOIs).

### Common Side Effects

- Feeling Drowsy or Sleepy
- Weight Gain
- Dizziness

### Less Common but Serious Side Effects

- Agranulocytosis (Drop in White Blood Cells)
- Increase in Cholesterol
- Increase in Liver Enzymes

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## Atypical Antidepressants

Brand Name	Generic Name
Wellbutrin	Bupropion

### Warnings

- Do not take this medicine if you have or had a seizure disorder or epilepsy.
- Do not take this medicine if you are also taking Zyban or other medicines containing Bupropion.
- Do not take this medicine if you drink a lot of alcohol or stop drinking all of a sudden.
- Do not take this medicine if you have taken within the last 14 days medicines for depression called MAOI.
- Do not take this medicine if you have or had a eating disorder.

### Common Side Effects

- Feeling Nervous
- Constipation
- Trouble Sleeping
- Dry Mouth
- Headache
- Nausea and Vomiting
- Shakiness (Tremor)

**If you have a seizure while taking Wellbutrin, stop taking the tablets and call your doctor right away.** Do not take Wellbutrin again if you have a seizure.

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## What else should I know about Wellbutrin?

Some people who take Wellbutrin (Bupropion) have had serious changes in their mood and behavior. These changes can happen while you are taking Wellbutrin (Bupropion) or after you stop taking it.

**Stop use and call a doctor right away if you notice these changes in yourself or someone else taking this medicine.**

- Think about dying or killing yourself
- Try to kill yourself
- Feel depressed or your depression gets worse
- Feel anxious or your anxiety gets worse
- Have panic attacks
- Have trouble sleeping (insomnia)
- Feel very agitated or restless
- Feel irritable
- Feel or act aggressive, angry or violent
- Act on dangerous impulses
- Talk more or become more active than is normal for you (mania)
- Have thoughts or sensations that are not typical for you
- See or hear things that are not there (hallucinations)
- Feel like people are against you (paranoia)
- Feel confused
- Notice other changes in your behavior or mood that are not typical for you

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## Atypical Antidepressants

Brand Name	Generic Name
Effexor	Venlafaxine

### Warnings

- Do not take with MAO Inhibitors (MAOIs).
- Use with care if you have heart disease, liver disease, kidney problems, or seizures.

### Common Side Effects

- Sweating
- Nausea
- Constipation
- Dizziness
- Feeling Nervous or Anxious
- Problems Sleeping
- Feeling Drowsy

### Less Common but Serious Side Effects

- High Blood Pressure
- Seizures

Mothers who take this drug late in pregnancy may have babies with feeding problems and irritability.

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## Selective Serotonin/Norepinephrine Reuptake Inhibitor (SNRI)

Brand Name	Generic Name
Cymbalta	Duloxetine

### Warnings

- Do not take with MAO Inhibitors (MAOIs).
- Do not take if you have narrow-angle glaucoma.
- Do not use with Fluvoxamine.
- Use with care if you have liver or kidney problems.

### Common Side Effects

- Nausea
- Dry Mouth
- Constipation
- Fatigue
- Feeling Drowsy

### Less Common but Serious Side Effects

- Liver Toxicity (Poisoning)
- Increase in Blood Pressure

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## Selective Serotonin/Norepinephrine Reuptake Inhibitor (SNRI)

Brand Name	Generic Name
Pristiq	Desvenlafaxine

### Warnings

- Do not take Pristiq if you have taken a MAOI medicine within the last 14 days. Tell your doctor if you have any health problems especially seizures, mania, bipolar disorder, and heart, liver, or kidney problems.

### Common Side Effects

- Nausea
- Headache
- Dry Mouth
- Sweating
- Dizziness
- Feeling Sleepy or Tired
- Trouble Sleeping
- Constipation and Diarrhea
- Vomiting
- Sexual Problems
- Do Not Feel Like Eating

### Less Common but Serious Side Effects

- New or worsened high blood pressure
- Abnormal bleeding or bruising
- Glaucoma
- High cholesterol
- Seizures
- Low sodium in your blood

Ask your doctor about Serotonin Syndrome

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## **To Learn More:**

### **National Institute of Mental Health (NIMH)**

<http://www.nimh.nih.gov>

Phone: 1-866-615-6464

TTY/TDD: 1-866-415-8051

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This guide should not be used in place of talking to your doctor or reading the label on your medicine bottle. The drug and risk information in this guide may change. Check <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/> for the latest facts on each product listed in this guide.