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

- Selective Serotonin Reuptake Inhibitors (SSRIs)
- Monoamine Oxidase Inhibitors (MAOIs)
- Tricyclic Antidepressants
- Atypical Antidepressants

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

Children and teens who take antidepressants may be more likely to try to hurt or kill themselves.

Call 911 if the person:
- Tries to hurt or kill himself/herself.
- Talks about specific ways they plan to hurt or kill himself/herself.
- Talks about or tries to harm others.

Call your doctor right away if the person shows any of these signs:
- Talks about dying or suicide
- Starts acting very differently
- Feels very agitated or restless
- Is abnormally active or talkative
- Has severe problems sleeping
- Becomes violent or abnormally angry

### Atypical Antidepressants

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cymbalta</td>
<td>Duloxetine</td>
</tr>
</tbody>
</table>

**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

For up-to-date information about the risks and side effects for each drug Check [http://www.accessdata.fda.gov/scripts/cder/drugsatfda/](http://www.accessdata.fda.gov/scripts/cder/drugsatfda/)
### Questions To Ask Your Doctor

- What drugs am I taking?

- What are the side effects?

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

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

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

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

### Atypical Antidepressants

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effexor</td>
<td>Venlafaxine</td>
</tr>
</tbody>
</table>

### 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.

For up-to-date information about the risks and side effects for each drug Check [http://www.accessdata.fda.gov/scripts/cder/drugsatfda/](http://www.accessdata.fda.gov/scripts/cder/drugsatfda/)
### Atypical Antidepressants

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellbutrin</td>
<td>Bupropion</td>
</tr>
</tbody>
</table>

**Warnings**

- Use caution if you drink alcohol while taking this medicine.
- Use caution if you take Levodopa.
- Use caution if you have seizures or take medicines that raise your chance of having a seizure.

**Common Side Effects**

- Dizziness
- Constipation
- Nausea
- Vomiting
- Blurred Vision

**Less Common but Serious Side Effects**

- Seizures

For up-to-date information about the risks and side effects for each drug Check [http://www.accessdata.fda.gov/scripts/cder/drugsatfda/](http://www.accessdata.fda.gov/scripts/cder/drugsatfda/)

### Selective Serotonin Reuptake Inhibitors (SSRIs)

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celexa</td>
<td>Citalopram</td>
</tr>
<tr>
<td>Lexapro</td>
<td>Escitalopram</td>
</tr>
<tr>
<td>Paxil</td>
<td>Paroxetine</td>
</tr>
<tr>
<td>Pexeva</td>
<td>Paroxetine</td>
</tr>
<tr>
<td>Prozac</td>
<td>Fluoxetine</td>
</tr>
<tr>
<td>Zoloft</td>
<td>Sertraline</td>
</tr>
</tbody>
</table>

**Warnings**

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

**Common Side Effects**

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

**Less Common but Serious Side Effects**

- Seizures
- Abnormal Bleeding
- Withdrawal Symptoms

Mothers who take these drugs late in pregnancy may have babies with feeding problems and irritability.

For up-to-date information about the risks and side effects for each drug Check [http://www.accessdata.fda.gov/scripts/cder/drugsatfda/](http://www.accessdata.fda.gov/scripts/cder/drugsatfda/)
### Monoamine Oxidase Inhibitors (MAOIs)

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
<th>Warnings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emsam</td>
<td>Selegiline</td>
<td>• Do not take MAOIs if you are also taking other medicines for depression or central nervous system stimulants or depressants.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Do not eat certain foods like cheese, wine, protein foods that have been aged, or any food containing tyramine.</td>
</tr>
<tr>
<td>Marplan</td>
<td>Isocarboxzaid</td>
<td>• Do not take cold pills or decongestants.</td>
</tr>
<tr>
<td>Nardil</td>
<td>Pheneilzine</td>
<td></td>
</tr>
<tr>
<td>Parnate</td>
<td>Tranylcypromine</td>
<td></td>
</tr>
</tbody>
</table>

**Common Side Effects**
- Nausea
- Dizziness
- Restlessness
- Problems Sleeping
- Drowsiness

**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/](http://www.accessdata.fda.gov/scripts/cder/drugsatfda/)

### Atypical Antidepressants

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
<th>Warnings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Remeron</td>
<td>Mirtazapine</td>
<td>• Do not take with MAO Inhibitors (MAOIs).</td>
</tr>
</tbody>
</table>

**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

For up-to-date information about the risks and side effects for each drug Check [http://www.accessdata.fda.gov/scripts/cder/drugsatfda/](http://www.accessdata.fda.gov/scripts/cder/drugsatfda/)
### Atypical Antidepressants

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nefazodone</td>
<td></td>
</tr>
</tbody>
</table>

#### 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

For up-to-date information about the risks and side effects for each drug, check [http://www.accessdata.fda.gov/scripts/cder/drugsatfda/](http://www.accessdata.fda.gov/scripts/cder/drugsatfda/)

### Tricyclic Antidepressants

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amitriptyline</td>
<td></td>
</tr>
<tr>
<td>Amoxapine</td>
<td></td>
</tr>
<tr>
<td>Norpramin</td>
<td>Desipramine</td>
</tr>
<tr>
<td>Sinequan</td>
<td>Doxepin</td>
</tr>
<tr>
<td>Tofranil</td>
<td>Imipramine</td>
</tr>
<tr>
<td>Pamelor</td>
<td>Nortriptyline</td>
</tr>
<tr>
<td>Vivactil</td>
<td>Protriptyline</td>
</tr>
<tr>
<td>Surmontil</td>
<td>Trimipramine</td>
</tr>
</tbody>
</table>

#### 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

For up-to-date information about the risks and side effects for each drug, check [http://www.accessdata.fda.gov/scripts/cder/drugsatfda/](http://www.accessdata.fda.gov/scripts/cder/drugsatfda/)
## Atypical Antidepressants

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maprotiline</td>
<td></td>
</tr>
</tbody>
</table>

### 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

### For up-to-date information about the risks and side effects for each drug

## Atypical Antidepressants

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trazodone</td>
<td></td>
</tr>
</tbody>
</table>

### 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

### For up-to-date information about the risks and side effects for each drug