

SYMPTOMS AND SIDE EFFECTS OF ANTI-DEPRESSANTS

Objective:

To keep track of your symptoms and any side effects after taking your prescribed antidepressant.

There are many types of antidepressants because no single antidepressant works for everyone. Your doctor will consider your particular symptoms and needs and prescribe a medication accordingly. You will then need to do the following:

- Be patient. It can take six or more weeks for the medication to be fully effective.
- Monitor the side effects. Often they will subside as your body adjusts.
- Take the correct dose as directed.
- Don't discontinue taking your medication without first talking with your doctor. Withdrawal-like symptoms are possible with some antidepressants.
- If your medication doesn't work, talk to your doctor about trying something else, whether it be a different antidepressant or adding a second antidepressant or other medication.

Use the chart below to track your progress, detailing any symptoms (such as fatigue, guilt, insomnia, irritability, fear, confusion, crying, etc.) and any side effects (dizziness, dry mouth, sexual side effects, etc.) you experience.

Date	Symptoms	Side Effects	Notes