

MEDICATIONS

It may take some time for you and your doctor to find the right medication(s) for you. It can also take several weeks for your medication to fully work. You might feel some side effects of your medication before you feel the benefits – that doesn't mean the medication doesn't work. Sometimes it's hard to tell if something (such as sleepiness, anxiety or headache) is a side effect or a symptom of your illness. Many side effects will go away as your body gets used to the medication.

Keep track of your side effects and talk about them with your doctor. He or she may prescribe an additional medication, adjust your dosage or change your medication.

Don't stop taking your medication, change your dosage or add any kind of medication without first talking with your doctor.

SIDE EFFECT	WHEN & HOW SEVERE (1= NOT VERY/ 5 = EXTREMELY)	SUGGESTIONS FOR COPING
Lack of energy/ fatigue/ sleepiness		<ul style="list-style-type: none">■ Change time of day medication is taken.■ Exercise.■ Change diet.
Dry mouth		<ul style="list-style-type: none">■ Drink water.■ Take care of teeth and mouth.
Weight gain		<ul style="list-style-type: none">■ Eat low fat foods.■ Reduce food portions.■ Avoid junk food.■ Increase physical activity.
Irritability		<ul style="list-style-type: none">■ Ask doctor about adding a mood stabilizer and/or changing dosage.■ Work on coping skills in therapy.

SIDE EFFECT	WHEN & HOW SEVERE (1= NOT VERY/ 5 = EXTREMELY)	SUGGESTIONS FOR COPING
Anxiety		<ul style="list-style-type: none"> ■ Ask doctor about taking an anti-anxiety medication or a mood stabilizer. ■ Find out about breathing and relaxation exercises, meditation, yoga or biofeedback.
Insomnia		<ul style="list-style-type: none"> ■ Change time of day take medication is taken. ■ Go to sleep and wake up at the same time every day.
Headaches/ blurred vision		<ul style="list-style-type: none"> ■ Ask doctor about changing dosage, spacing smaller dosages throughout the day, changing or adding medication.
Shaking/trembling		<ul style="list-style-type: none"> ■ Ask doctor about changing dosage, spacing smaller dosages throughout the day, or adding a medication.
Constipation		<ul style="list-style-type: none"> ■ Ask doctor about adding a medication or taking over-the-counter medication. ■ Drink lots of water. ■ Change diet.
Diarrhea		<ul style="list-style-type: none"> ■ Take medication 30 minutes after meals, on a full stomach. ■ Make sure it is not a symptom of another physical illness. ■ Use over-the-counter medications.
Nausea/vomiting		<ul style="list-style-type: none"> ■ Ask doctor about adjusting the dosage or spacing smaller dosages throughout the day. ■ Take medication 30 minutes after meals on a full stomach.

