

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.

FDA Office of Women's Health <http://www.fda.gov/womens>

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

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.



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.



FDA
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Atypical Antidepressants

Brand Name	Generic Name	Warnings
Cymbalta	Duloxetine	<ul style="list-style-type: none"> 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
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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

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

Brand Name	Generic Name	Warnings
Effexor	Venlafaxine	<ul style="list-style-type: none">• 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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Atypical Antidepressants

Brand Name	Generic Name	Warnings
Wellbutrin	Bupropion	<ul style="list-style-type: none"> • 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

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Selective Serotonin Reuptake Inhibitors (SSRIs)

Brand Name	Generic Name	Warnings
Celexa	Citalopram	Do not take with certain other medicines: <ul style="list-style-type: none"> • Monoamine Oxidase Inhibitors (MAOIs) • Thioridazine • Orap Women should talk to their doctors about the risks of taking Paroxetine during pregnancy.
Lexapro	Escitalopram	
Paxil	Paroxetine	
Pexeva	Paroxetine	
Prozac	Fluoxetine	
Zoloft	Sertraline	
		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.

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Monoamine Oxidase Inhibitors (MAOIs)

Brand Name	Generic Name	Warnings
Emsam (Skin Patch)	Selegiline	<ul style="list-style-type: none"> 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.
Marplan	Isocarboxzaid	<p>Common Side Effects</p> <p>Nausea Dizziness Restlessness Problems Sleeping Drowsiness</p>
Nardil	Phenelzine	<p>Less Common but Serious Side Effects</p> <p>Headache Stroke Fainting Heart Palpitations Blood Pressure Changes</p>
Parnate	Tranlycypromine	

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Atypical Antidepressants

Brand Name	Generic Name	Warnings
Remeron	Mirtazapine	<ul style="list-style-type: none"> Do not take with MAO Inhibitors (MAOIs).
		<p>Common Side Effects</p> <p>Feeling Drowsy or Sleepy Weight Gain Dizziness</p>
		<p>Less Common but Serious Side Effects</p> <p>Agranulocytosis (Drop in White Blood Cells) Increase in Cholesterol Increase in Liver Enzymes</p>

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Atypical Antidepressants

Brand Name	Generic Name	Warnings
	Nefazodone	<ul style="list-style-type: none"> 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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Tricyclic Antidepressants

Brand Name	Generic Name	Warnings	
	Amitriptyline	<ul style="list-style-type: none"> Do not take tricyclic antidepressants if you are also taking MAO Inhibitors (MAOIs). Do not take tricyclic antidepressants if you have narrow-angle glaucoma. 	
	Amoxapine		
Norpramin	Desipramine	<th>Common Side Effects</th>	Common Side Effects
Sinequan	Doxepin		Dry Mouth Constipation Blurred Vision Drowsiness Low Blood Pressure
Tofranil	Imipramine	<th>Less Common but Serious Side Effects</th>	Less Common but Serious Side Effects
Pamelor	Nortriptyline		Problems Urinating Confusion Fainting Seizures Life-Threatening Irregular Heartbeat
Vivactil	Protriptyline		
Surmontil	Trimipramine		

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Atypical Antidepressants

Brand Name	Generic Name	Warnings
	Maprotiline	<ul style="list-style-type: none"> • 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	Warnings
	Trazodone	<ul style="list-style-type: none"> • 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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