



Coping with Side Effects

➤ Nausea

- Take your antidepressant with food, unless otherwise directed.
- Drink plenty of fluids, such as cool water or ginger ale that's lost its carbonation.

➤ Increased appetite, weight gain.

- Select lower calorie nutritious foods, such as vegetables and fruits, and avoid saturated fats, cut back on sweets and sugary drinks.
- Eat smaller, more frequent meals and eat more slowly.
- Keep a food diary — tracking what you eat can help you manage your weight.
- Get regular physical activity or exercise most days of the week.

➤ Fatigue, drowsiness

- Take a brief nap during the day.
- Get some physical activity, such as walking.
- Avoid driving or operating dangerous machinery until the fatigue passes.

➤ Dry mouth

- Sip water regularly or suck on ice chips.
- Chew sugarless gum or suck on sugarless hard candy.
- Avoid caffeine because it can make your mouth drier.
- Talk to your doctor about using a moisturizing mouth spray or another product that might stimulate saliva production.

➤ **Blurred vision**

- Talk to your doctor about using special eye-drops to relieve dryness.
- Get an eye exam to see whether blurred vision caused by an antidepressant may be worsened by an underlying eye problem.

➤ **Insomnia**

- Avoid caffeinated food and drinks, particularly late in the day.
- Get regular physical activity or exercise — but complete it several hours before bedtime so it doesn't interfere with your sleep.

➤ **Dizziness, headaches**

- Rise slowly from sitting or standing positions.
- Use handrails, canes or other sturdy items for support.
- Avoid caffeine, tobacco and alcohol.
- Drink plenty of fluids.

➤ **Sexual side effects**

- Schedule sexual activity before taking a specific dose of medication.
- Talk to your partner about your sexual side effects and how they change your needs. Adjusting your sexual routine may be helpful. For example, you may need a longer period of foreplay before having intercourse.

➤ **Constipation**

- Drink plenty of water.
- Eat high-fiber foods, such as fresh fruits and vegetables, brans, and whole grains, or take a fiber supplement
- Get regular exercise.

➤ **Agitation, restlessness, anxiety**

- Get regular exercise, such as jogging, biking or aerobics, or some type of physical activity, such as walking. Talk to your doctor first about what would be a good type of exercise or physical activity for you.
- Practice deep-breathing exercises, relaxation, meditation or yoga.