

Alameda County Behavioral Health Care Services
Drug Information Sheet: **venlafaxine (Effexor)**
duloxetine (Cymbalta)

Venlafaxine (Effexor) and duloxetine (Cymbalta) are antidepressant medications used in the treatment of depression, and can improve overall mood, ability to concentrate, sleep and eating patterns, and physical activity. In addition, they may be useful in anxiety disorders.

Estimates are that eight or nine out of every ten patients with depression can be helped by currently available antidepressant medications.

All classes of antidepressants are effective, although some may be better than others for certain patients. That is, one class of medication may work particularly well for one person, while another individual may have more success with a medication from a different class.

Like any medication, venlafaxine and duloxetine can cause some side effects:

Common

nausea
insomnia
dizziness
nervousness

Less Common

drowsiness
constipation
sweating
increased blood pressure
discontinuation syndrome

Rare

dry mouth
weakness
agitation

Antidepressant medications work gradually, and may take up to several weeks to reach their full effect. Don't lose patience; it will take time before you will feel better.

Remember, these medications must be taken regularly to have their full beneficial effect.