

# Trazodone (Desyrel®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name \_\_\_\_\_ Date \_\_\_\_\_

Initial Medication Instructions \_\_\_\_\_

## What does this medication help to treat?

Insomnia

Trazodone is sometimes prescribed for other uses; ask your prescriber for more information.

## Other Information

You should start to notice some benefits of this medication within 1 to 2 weeks after initiation of therapy. Trazodone can help with sleep 30-60 minutes after swallowing a tablet.

## Precautions

- **Pregnancy:** Trazodone has been shown to have adverse effects on embryo/fetal and postnatal development. Trazodone should only be used if the potential benefit outweighs the potential risk to the fetus.
- **Lactation:** Trazodone is excreted in the milk of lactating women. Discuss with your prescriber about the potential risks and benefits of taking this medicine and breastfeeding.

## Side Effects and Management

### Common (greater than 10 in 100 clients on this medication)

Dry mouth	Suck on sugarless gum or candy or melt bits of ice in your mouth. Call your prescriber if your mouth feels dry for more than 2 weeks.
Blurred Vision	Caution when operating a vehicle or machinery.
Excessive daytime Sleepiness	May want to take the medication earlier than at bedtime. Caution when operating vehicles or machinery.
Dizziness	Get up slowly, and dangle your feet when rising from a chair. Caution when climbing stairs or changing position. Talk to your prescriber.

### Uncommon (~1 to 10 in 100 clients on this medication)

Constipation	Drink plenty of water and increase fiber and fruits in your diet. Consult your prescriber about other treatments.
Nausea	Take with food. Consult your prescriber if it becomes bothersome.
Nervousness	Typically short-term (1-5 days) as system adjusts to medicine. Contact prescriber if persistent.
Changes in sexual functioning	Men: delayed ejaculation, inability to achieve orgasm. Women: decreased interest, inability to achieve orgasm. Reversible, therefore consult with your prescriber.

### Rare (less than 1 in 100 clients on this medication)

Call your prescriber immediately if you experience any of these:

- **Priapism – Painful, prolonged erection unaccompanied by sexual desire – medical emergency**
- Muscle side effects – tremor, stiffness, restlessness

- Impotence
- Fast or irregular heartbeat
- Skin rash
- Urine retention
- Impaired speech

\*\*References: Clinical Pharmacology, LexiComp 2011\*\*

NOTE: This information is not intended to cover all possible uses, precautions, interactions, or adverse effects for this medication. If you have further questions about the medications you are taking, check with your prescriber.