

Duloxetine (Cymbalta®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ Date _____

Initial Medication Instructions _____

What does this medication help to treat?

- Depression
- Feelings of guilt
- Sad and or irritable mood
- Difficulty thinking, concentrating, remembering

- Low energy
- Lack of interest or pleasure from things you used to enjoy
- Thoughts of hurting yourself or of suicide
- Feeling nervous, anxious, or apprehensive

Duloxetine 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. If you have experienced no benefit after one month of treatment at the prescribed dose, contact your prescriber.
- If you are pregnant, or planning to get pregnant contact your prescriber immediately.
- This medicine must be taken for several weeks before its full benefits are felt. Do not stop taking Cymbalta suddenly because you could get side effects. Your prescriber will slowly decrease your dose.

Side Effects and Management

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

Nausea	Take with food. Consult with prescriber if it becomes bothersome.
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.
Constipation	Drink plenty of water and increase fiber in your diet. Consult with your prescriber about other treatments.
Sleepiness	May want to take the medication at bedtime.
Decreased appetite	Consult with your prescriber.
Fatigue	Try regular exercise. Consult with your prescriber.
Increased sweating	Consult with your prescriber.

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

Diarrhea, vomiting	Try taking the medication with food.
Dizziness	Get up slowly, and dangle your feet when rising from a chair, talk to your prescriber. Do not drive or operate machinery until you know how this medication affects you.
Headache	You may need Tylenol to relieve your headache. Talk to your prescriber if it becomes bothersome.
Increased blood pressure	Monitor your blood pressure regularly with your prescriber.
Sexual Dysfunction	Consult with your prescriber. Your prescriber may adjust the dose or add or change your medications.

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

- Call your prescriber immediately if you experience any of these:
- Extreme restlessness or suicidal thoughts
 - Hallucinations
 - Rash
 - Jaundice
 - Edema
 - Low blood pressure

References: Clinical Psychopharmacology, 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.