

Fluoxetine (Prozac®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ Date _____

Initial Medication Instructions _____

What does this medication help to treat?

- Depressed, anxious or irritable mood
- Lack of interest or pleasure from things you used to enjoy
- Difficulty thinking, concentrating, remembering
- Thoughts of hurting yourself or of suicide

- Obsessive-compulsive disorder
- Panic disorder (panic attacks, worries)
- Post-traumatic stress disorder

Fluoxetine 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.
- Maximum benefits usually seen after 6 weeks or more.
- This medicine must be taken for several weeks before its full benefits are felt.
- If you are pregnant, or planning to get pregnant contact your prescriber immediately.

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.
Diarrhea	Take with food. Consult with prescriber if it becomes bothersome.
Weakness, lack of energy	Report symptom if persists after a week.
Headache	Should go away in a few days. Take Tylenol, contact prescriber if headache persists longer than 2-3 days.
Difficulty sleeping	Take medication in the morning. Contact prescriber if problem persists as a medication.
Change in sexual functioning	Men: delayed ejaculation, inability to achieve orgasm. Women: decreased interest, inability to achieve orgasm. Reversible, therefore consult with your prescriber.

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

Tremor	Report symptom to your prescriber if persists more than 1 week.
Sleepiness	Caution while driving, switch dose to bedtime.
Agitation, anxiety	Usually short-term (1-5 days) as your system adjusts to this medication. Contact your prescriber if persistent.
Increased Sweating	Dose adjustment or medication change may be needed if it is bothersome.
Dry mouth	Suck on sugarless gum or candy or melt bits of ice in your mouth.

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

Call your prescriber immediately if you experience any of these: <ul style="list-style-type: none">▪ Extreme restlessness or suicidal thoughts▪ Chest pain▪ Easy bruising or bleeding▪ Fever and chills▪ Increase in appetite	<ul style="list-style-type: none">▪ Photosensitivity▪ May cause low sodium level (SIDAH = syndrome of inappropriate antidiuretic hormone secretion).▪ Low heart rate or dizziness <p>**References: Clinical Psychopharmacology, LexiComp 2011**</p>
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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.