

Sertraline (Zoloft®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ Date _____

Initial Medication Instructions _____

What does this medication help to treat?

- | | |
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| <input type="checkbox"/> Depressed or anxious mood | <input type="checkbox"/> Post-traumatic stress disorder |
| <input type="checkbox"/> Feelings of guilt, hopelessness or worthlessness | <input type="checkbox"/> Obsessive-compulsive disorder |
| <input type="checkbox"/> Sad and/or irritable mood | <input type="checkbox"/> Premenstrual dysphoric disorder |
| <input type="checkbox"/> Difficulty thinking, concentrating, remembering | <input type="checkbox"/> Panic disorder |
| <input type="checkbox"/> Low energy | |
| <input type="checkbox"/> Lack of interest or pleasure from things you used to enjoy | |
| <input type="checkbox"/> Thoughts of hurting yourself or of suicide | |

Sertraline 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 doctor.
- Maximum benefits usually seen after 6 weeks or more.
- Take your dose at the same time each day **with food**.
- This medicine must be taken for several weeks before its full benefits are felt. Do not stop taking sertraline suddenly because you may experience dizziness, headache, nausea, sweating, increased heart rate or anxiety.
- If you are pregnant, or planning to get pregnant contact your doctor immediately.

Side Effects and Management

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

Nausea, vomiting, diarrhea	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 prescriber.
Sleepiness	Take the medication at bedtime so that sleepiness wears off by morning. Discuss persistent excessive daytime sleepiness with your doctor.
Decreased appetite	Consult with your doctor or pharmacist.
Sexual dysfunction	Reversible, therefore consult with your prescriber. Your prescriber may adjust the dose or add something to counteract problem or change your medications.
Fatigue	Try regular exercise. Consult with your prescriber.

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

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.
Agitation, anxiety	Usually short-term (1-5 days) as your system adjusts to this medication. Contact your doctor if persistent.

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

Call your doctor immediately if you experience any of these:

- | | |
|---|--|
| <ul style="list-style-type: none">▪ Extreme restlessness or suicidal thoughts▪ Hallucinations, disturbing thoughts, mania▪ Rash▪ Fast or slow heart rate | <ul style="list-style-type: none">▪ Jaundice▪ Edema▪ Low blood pressure▪ Muscle stiffness, tremor, extreme restlessness▪ Bleeding▪ Low blood sodium |
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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.