

Paroxetine (Paxil®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ Date _____

Initial Medication Instructions _____

What does this medication help to treat?

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

Paroxetine 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 not experienced 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. Do not stop taking paroxetine 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 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.
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 or about other treatments.
Sleepiness	May want to take the medication at bedtime so that the sleepiness wears off by morning. If excessive daytime sleepiness persists, contact your prescriber.
Decreased appetite	Consult with your prescriber.
Sexual Dysfunction	Reversible, therefore consult with your prescriber. Your prescriber may adjust the dose or add something to counteract the problem or change your medications.
Fatigue	Try regular exercise. Consult with your prescriber.

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

Diarrhea, vomiting	Try taking the medication with food.
Weight Gain	Eat healthy, and exercise regularly. Contact your prescriber if excessive.
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 prescriber if persistent.

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▪ Hallucinations▪ Rash▪ Fast or slow heart rate▪ Bleeding | <ul style="list-style-type: none">▪ Jaundice▪ Edema▪ High or low blood pressure▪ Uncontrolled blood sugar▪ Thyroid disorder▪ 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.