

Venlafaxine (Effexor®)

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
- Lack of interest or pleasure from things you used to enjoy

- Low energy
- Thoughts of hurting yourself or of suicide
- Feeling nervous, anxious, or apprehensive
- Anxiety
- Migraine headache prevention

Venlafaxine is sometimes prescribed for other uses; ask your prescriber or pharmacist 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. Do not stop taking venlafaxine 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 about other treatments.
Decreased appetite	Consult with your prescriber.
Dizziness	Caution when climbing stairs or changing position; rise slowly from sitting or lying position. Talk to your prescriber.
Change in sexual function	Reversible, contact your prescriber for additional information.

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

Diarrhea, vomiting	Try taking the medication with food.
Sleepiness	May want to take the medication at bedtime.
Increased blood pressure	Monitor your blood pressure regularly with your prescriber.
Nervousness, anxiety, agitation	Contact your prescriber if symptoms persist for more than 1 week.

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 ▪ Increased blood pressure ▪ Migraine ▪ Fainting spells ▪ Difficulty breathing 	<ul style="list-style-type: none"> ▪ Swelling and weight gain ▪ Heart failure ▪ Uncontrolled blood sugar ▪ Electrolyte abnormality ▪ Abnormal body movements e.g. your tongue or upper body <p><small>**References: Clinical Psychopharmacology, LexiComp 2011**</small></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.