

A brief guide on Selective Serotonin Reuptakes Inhibitors (SSRIs)

The SSRIs have proven efficacy in treatment for many mental disorders (E.g., major depression, dysthymia, bipolar depression, obsessive-compulsive disorder, generalized anxiety disorder, panic disorder, and many more), are generally safer, and better tolerated in terms of side effects, so these drugs are more commonly used.

Some Generic Names Include

Citalopram, Escitalopram, Fluoxetine, Fluvoxamine, Sertraline

Side Effects Include

The following are some common side effects that you may experience:

- Nausea, diarrhea, gastric upset
- Sleep Problems
 - Commonly experienced with fluoxetine and sertraline, therefore morning dosing is important.
- Decrease appetite
- Nervousness, irritability, headache

Sometimes SSRI may produce suicidal thoughts or behaviour. However with any severely depressed patient, there is a suicide risk whether the person is taking medications or not. Soon after starting an antidepressant, the patient may begin to feel more energetic. But may still be delivered which can take 2 to 3 weeks to improve. They may then be more motivated to act out their suicidal idea. Therefore the patient must be monitored closely in the early period after starting treatment.

Precaution

Do not mix western medication with traditional Chinese medication.

The information provided serves as psycho-education and not a guide for self-medication. The information contained herein is not intended to cover all possible uses, directions, precautions, warnings, drug interactions, allergic reactions, or adverse effects. Please consult your psychiatrist before taking any medication.



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