

Zoloft (sertraline)



What is it usually prescribed for?

Major depressive disorder, obsessive-compulsive disorder, panic disorder, posttraumatic stress disorder, premenstrual dysphoric disorder, social anxiety disorder, and other conditions.



How does it work?

Zoloft helps control feelings of sadness and fear or worry. Zoloft is thought to boost the brain chemical serotonin and balance the serotonin brain system.

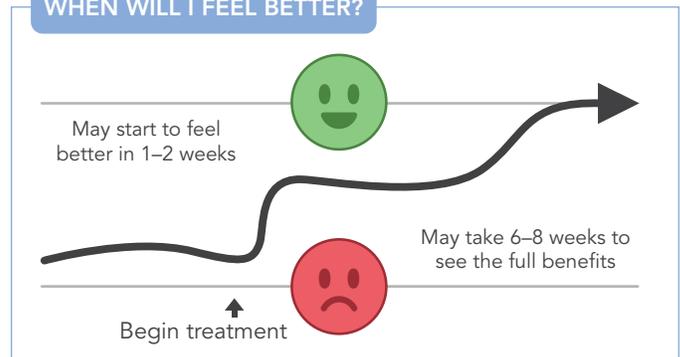


What should I expect?

It may take a few weeks for you to feel the full benefits of taking this medicine. Sleep, energy, or hunger may improve within the first 1–2 weeks. Sadness and lack of interest in activities may need up to 6–8 weeks to improve fully.

Your healthcare professional will start with a low dose that is slowly increased to find the best dose that works for you. Tell your healthcare professional how it's working for you and if you have any side effects so the dose can be changed if needed.

WHEN WILL I FEEL BETTER?



Take Zoloft exactly as prescribed to get the full benefit of this medicine.



Will I have side effects?

You may or may not have side effects when taking Zoloft. Most side effects occur right away but go away with time. Sexual side effects of Zoloft may last for a long time. Talk to your healthcare professional about making a change if this side effect bothers you.

What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

| | Drink plenty of water | Eat small meals more often | Drink less caffeine and alcohol | Do more exercise | Healthcare professional suggestion |
|------------------------------|-----------------------|----------------------------|---------------------------------|------------------|------------------------------------|
| Upset stomach or diarrhea | X | X | X | | |
| Feeling less hungry | X | X | | | |
| Dry mouth | X | | X | | |
| Feeling nervous or excitable | | | X | X | |
| Trouble sleeping | | | X | X | |
| Headache | X | | X | X | |

This is not a complete list of side effects; other side effects are possible. Before starting Zoloft, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



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YOU'RE NOT ALONE!

In 2018, Zoloft was prescribed almost 33.4 million times in the United States.

What should I avoid?

Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are many interactions with medicines that may increase your chance of side effects.

Do not suddenly stop taking Zoloft unless your healthcare professional has told you to, because it can cause nausea, headache, irritability, and other negative feelings.

Use less alcohol and recreational drugs. They may decrease the benefits of Zoloft and increase the chance of side effects.

WHAT IS MOST IMPORTANT TO REMEMBER

-  It may take up to a few weeks for you to feel the full benefits of taking this medicine
-  Tell your healthcare professional about any troubling side effects so that you can work together to address them
-  Do not suddenly stop taking this medicine unless told to do so by your healthcare professional
-  Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional
-  Get medical care right away if you have serious side effects



When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Thoughts of suicide or are planning to hurt yourself
- Very stiff muscles, high fever, sweating, confusion, fast or uneven heartbeats, feeling like you might pass out
- Very upset stomach or throwing up, big change in balance
- Very bad dizziness or passing out, change in thinking clearly, trouble breathing
- Very excitable and nervous

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



Where can I get more help?

National Alliance on Mental Illness (NAMI) – nami.org

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text "HELLO" to 741741



Notes and questions for my next appointment

