

Lamictal (lamotrigine)



What is it usually prescribed for?

Bipolar disorder, seizures (convulsions), migraine headaches, and other conditions.



How does it work?

Lamictal helps improve thinking, mood, and behavior. Lamictal is thought to reduce the brain chemicals glutamate and aspartate.



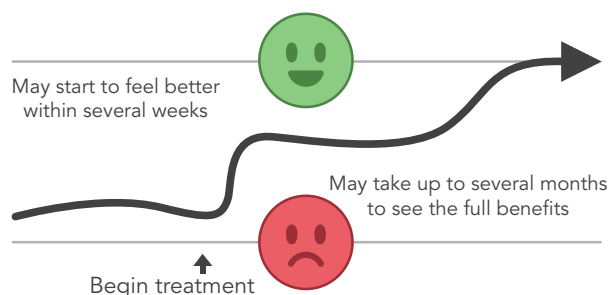
What should I expect?

Symptoms get better the longer you take Lamictal. Some symptoms may improve within several weeks. It may take up to several months for you to see the full benefits of Lamictal.

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 about how it's working for you and if you have any side effects so the dose can be changed if needed.

Take Lamictal exactly as prescribed to get the full benefit and for the greatest safety of this medicine.

WHEN WILL I FEEL BETTER?



Will I have side effects?

You may or may not have side effects when taking Lamictal. Some side effects go away with time, but others require changes to the dose. The risk of some side effects increases with larger doses.

In most cases, treatment is necessary for a long time to control symptoms. Some side effects continue or worsen with long-term use, like rash. Always contact your healthcare professional if a rash worsens while taking Lamictal.

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 less alcohol	Do more exercise	Drink plenty of water	Healthcare professional suggestion
Nausea or throwing up	X		X	
Diarrhea	X		X	
Headache	X	X	X	
Feeling dizzy	X		X	
Feeling drowsy	X	X	X	
Trouble sleeping	X	X		

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



Neuroscience Education Institute

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YOU'RE NOT ALONE!

In 2019, Lamictal was prescribed nearly 10.7 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 Lamictal unless your healthcare professional has told you to because your symptoms may return.

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

Avoid pregnancy while taking this medicine. Lamictal may be associated with birth defects.

WHAT IS MOST IMPORTANT TO REMEMBER

-  It may take up to several months 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
-  Take exactly as prescribed and do not suddenly stop taking this medicine unless told to do so by a healthcare professional
-  Do not 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:

- Unusual thoughts or behavior, including thoughts about suicide or hurting yourself
- Any skin rash, especially with blistering or peeling
- Fever, swollen glands, weakness, severe muscle pain
- Pale skin, cold hands and feet, easy bruising, unusual bleeding
- Headache, neck stiffness, increased sensitivity to light, nausea, vomiting, confusion, drowsiness

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](https://www.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

