

amitriptyline



What is it usually prescribed for?

Depression, a variety of pain syndromes, and other conditions.



How does it work?

Amitriptyline helps control feelings of sadness and pain. Amitriptyline is thought to boost the brain chemicals serotonin and norepinephrine and balance these brain systems.



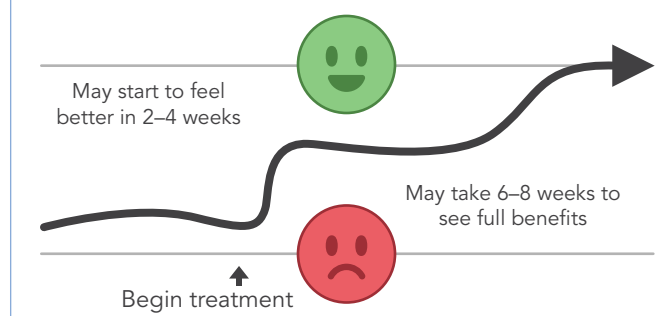
What should I expect?

It may take a few weeks for you to feel the full benefits of taking this medicine. Some symptoms may improve within the first 2–4 weeks. Other symptoms may take 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.

Your healthcare professional may check your weight before starting treatment and during treatment

WHEN WILL I FEEL BETTER?



occasionally, because amitriptyline can increase weight gain.

Take amitriptyline exactly as prescribed to get the full benefit of this medicine. Overdose of amitriptyline can lead to death.



Will I have side effects?

You may or may not have side effects when taking amitriptyline. Individuals over 50 years old or those with heart problems may have a larger chance of experiencing changes to the electrical activity of the heart.

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	Drink less alcohol	Do more exercise	Healthcare professional suggestion
Feeling dizzy	X	X		
Feeling drowsy	X	X	X	
Dry mouth	X	X		
Constipation	X		X	
Headache	X	X	X	
Feeling hungrier	X			

Note: This is not a complete list of side effects; other side effects are possible. Before starting amitriptyline, 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 2020, amitriptyline was prescribed nearly 9.1 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 interactions with medicines that may increase your chance of serious side effects.

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

Use less alcohol and recreational drugs. They may decrease the benefits of amitriptyline 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
-  Take this medicine exactly as prescribed; overdose can lead to death



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
- Rapid, pounding, or irregular heartbeat
- Severe dizziness or fainting
- Eye pain, changes in vision, swelling or redness in or around the eye
- Seizure (convulsions)

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

