

# Cymbalta (duloxetine)



## What is it usually prescribed for?

Major depressive disorder, generalized anxiety disorder, fibromyalgia, diabetic peripheral neuropathic pain, chronic musculoskeletal pain, and other conditions.



## How does it work?

Cymbalta helps control feelings of sadness, fear or worry, and pain. Cymbalta is thought to boost the brain chemicals serotonin, norepinephrine, and dopamine, and balance the brain systems of these chemicals.

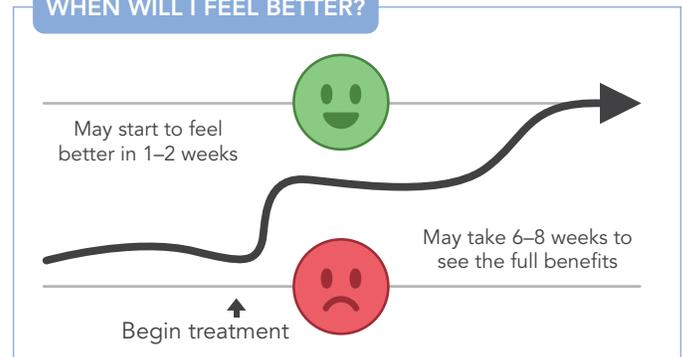


## What should I expect?

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 Cymbalta 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 Cymbalta. Most side effects occur right away but go away with time. Blood pressure and sexual side effects of Cymbalta may last for a long time. Your healthcare professional may check your blood pressure before starting treatment and during treatment occasionally.

## 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 caffeine and alcohol	Eat small meals more often	Healthcare professional suggestion
Nausea	X	X	X	
Diarrhea	X	X		
Feeling less hungry	X		X	
Dry mouth	X	X		
Constipation	X			
Trouble sleeping		X		
Feeling dizzy	X	X		

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



# Cymbalta (duloxetine)

## YOU'RE NOT ALONE!

In 2018, Cymbalta was prescribed over 21.2 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 Cymbalta 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 Cymbalta and increase the chance of side effects. Alcohol increases the chance of liver problems with Cymbalta.

## 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
- Right-sided upper stomach pain, itching, dark urine, yellowing of the skin or eyes
- Very bad headache, slurred speech, throwing up, feeling unsteady
- Racing thoughts and increased energy

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](http://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

---

---

---

---

---

---

---

---

