

Days

Weeks

Getting Started with Antidepressants

Days

Weeks

Name:	Date:	

Health provider: _____ Tel: _____

Weeks

Months

You have been prescribed ______. This medication is an antidepressant that has several uses. It is important that you are well informed about this medication. Ask your health provider about this medication's benefits and the problems it can cause.

Info Exchange. What's to be talked	about. Notes	
What you already know	O Dosage adjustment	
Purpose of antidepressant	Missed doses	
Questions or concerns	Concerns about dependence	
 Experience with this or other antidepressants How the antidepressant works Target symptoms/problems Time for improvement Estimated treatment duration Side effects 	 Safety: Other medications Herbals Food Alcohol/substances Stopping treatment Switching antidepressants Help beyond medications 	
1 Side effects	2 Side effects Benefits Side effects	its

Notes and comments:				
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Follow-up appointment:	Clinic/Pharmacy Information:			
Important				

Depression and anxiety can be serious conditions. Contact a physician immediately if you experience thoughts of harming yourself or suicide.



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