



## How to Deal with Side Effects from Your Medicine

Some of the medicines you take may cause feelings or problems that you do not like. These problems can make you want to stop taking your medicine. Most of these problems will get better in a few weeks, but talk to your doctor if they do not.

Remember, your doctor has given you this medicine to help you feel better. You should not stop taking it without first talking to your doctor.



You may have some of these problems from your medicine:

- Sleepiness
- Dizziness (your head spins when you sit up or move too fast)
- Trouble falling asleep
- Dry mouth
- Weight gain
- You don't want to have sex

## You Can Make the Problems Better!

### Feeling sleepy during the day?

Feeling sleepy is normal with some medicine and often gets better after 2 to 3 weeks. Do not drive a vehicle until you are feeling better. You can also ask your doctor if you can take your medicine at bedtime.



### Feeling dizzy when you move?

If yes, get up slowly. If you are lying down, first sit up and wait several minutes. Then stand up and wait a minute or 2 more before you start walking. Take your time.



### Having trouble sleeping?

If yes, drink water or drinks without caffeine or alcohol before bed. Make your bedroom quiet and dark. Watch TV in another room away from bed. Exercise early in the day. If you cannot sleep after 3 or 4 weeks on your medicine, ask your doctor about changing your dose.



### Is your mouth dry?

If yes, keep candy or gum with you all the time. Choose gum or candy that does not have sugar in it. Sip on water during the day.



### Gaining weight?

If yes, eat healthy foods like fruits and vegetables. Eat less fried food and try not to eat late at night. Exercise a little each day. Walking 30 minutes 3 times a week is good for your body.



### Don't want to have sex?

If yes, you may need a lower dose of medicine. If this does not help, you may need to ask your doctor to try a new medicine.



## We're Here for YOU!

Please talk to your doctor about any side effects you are having. If you have any questions in the meantime, we're here for you. Just call us at **1-800-578-0603**. TTY users may call **711**.

We want to help you!