



## Psychiatric Services

### Serotonin Selective Reuptake Inhibitors (SSRIs)

**Fluoxetine (Prozac®)**  
**Paroxetine (Paxil®)**  
**Sertraline (Zoloft®)**  
**Citalopram (Celexa®)**

Course

of

Treatment:

### PURPOSE AND GENERAL INFORMATION

This medication is known as an antidepressant or mood elevator and is used to treat depression. Sometimes it is used to treat anxiety, panic attacks, obsessive-compulsive disorder (OCD), and phobias.

It is important to take this medicine as directed, even when you begin to feel better. It is necessary to continue to take this medication in order to keep feeling well. When taken regularly, this medication usually requires **four to six weeks** before the full effects are noticed.

This medication does not produce euphoria (a high feeling) and is not addictive.

### BENEFITS

Uplifted mood and decreased feelings of sadness and anxiety or feelings of wanting to harm oneself.

Improved sleep and relief of insomnia or restlessness.

Increased energy, interest, and willingness to participate in activities.

Improved appetite.

Increased concentration and memory.

Decreased feelings of guilt.

### PROBABLE HEALTH CONSEQUENCES OF NOT TAKING THIS MEDICATION

If you elect to not take this medication, it is important for you to understand the potential consequences. The symptoms of depression and/or OCD will not get better; in fact, they could worsen.

When suffering from the symptoms of depression or OCD, you may have difficulty with your job, or relationships with family and friends, or day-to-day functioning.

Left untreated, depression and/or Panic Disorder could lead to suicidal thoughts or attempts.

## ALTERNATIVE TREATMENTS

Psychotherapy in combination with medication.

Other classes of antidepressant medication.

Electroconvulsive therapy.

## PROPER USE OF THIS MEDICATION

Take with food to lessen stomach upset.

Store away from heat and direct light. Keep out of the reach of children. Do not store in the bathroom medicine cabinet since heat and moisture may cause medicine to break down.

Do not keep outdated medicine.

Consult with your physician regarding what to do if you miss a dose of scheduled medication.

## SIDE EFFECTS

Although side effects from this medication are not common, they may develop.

**Anxiety, nervousness, and insomnia** are sometimes associated with this medication. If these effects become especially troublesome, discuss them with your physician.

**Altered appetite and weight changes** occur in some patients. Your physician may want you to keep a record of your weight and daily food intake while taking this medication.

**Dizziness, lightheadedness, or fainting** may occur, especially when you get up from a lying or sitting position. Getting up slowly may help. If this problem continues or gets worse, check with your doctor.

**Drowsiness** occurs less commonly with this medication. If this is a problem, be very cautious if driving or performing other tasks that require alertness or coordination.

**Dryness of the mouth** may occur. For temporary relief, use sugarless gum or candy, melt bits of ice in your mouth, or use a saliva substitute.

Other side effects may occur that usually do not need medical attention. These side effects may go away during treatment as your body adjusts to the medicine. However, check with your doctor if any of the following continue or are bothersome:

- Diarrhea
- Increased sweating
- Headache
- Nausea
- Changes in blood sugar (diabetics)

**Other** side effects not listed above may also occur in some patients. If you notice any other effects, check with your doctor.

## PRECAUTIONS

Do not drink alcoholic beverages while taking antidepressants.

Do not stop taking this medication before checking with your doctor. Because people respond to medicines in very individual ways, you and your physician may have to go through a trial period to find the right drug and dosage that work best for you.

Before taking this medication, tell your physician what prescription and non-prescription medications you are taking (or have taken in the last two weeks). Do not begin taking prescription or non-prescription medication without consulting your physician.

Female patients: notify your doctor if you think you are pregnant, if you want to become pregnant, or if you are breastfeeding while taking this medication.

## PHYSICIAN INFORMATION

If you have questions or concerns regarding this medication, your physician may be reached at one of the following locations:

University Hospital  
Psychiatric Unit  
4502 Medical Drive  
San Antonio, TX 78229  
(210) 358-1260

University Health Center Downtown  
Psychiatry Services - West Annex  
1115 West Martin  
San Antonio, TX 78207  
(210) 358-3730

## PHARMACY INFORMATION

A pharmacist is also available to answer questions about your medication, and your prescription for this medication may be refilled at the following locations:

**University Hospital Outpatient Pharmacy**  
4502 Medical Drive  
San Antonio, TX 78229

Refill Line: (210) 358-4186  
Pharmacist Line: (210) 358-2905

(Pharmacist available 24 hours every day.)  
Outpatient Pharmacy Hours: 9:00 a.m. to 8:00 p.m. M-F  
Weekend & Holidays: 9:00 a.m. to 5:00 p.m.

**University Health Center Downtown Pharmacy**  
527 N. Leona St.  
San Antonio, TX 78207

Refill Line: (210) 358-3476 (Please call 24 hours in advance.)  
Pharmacist Line: (210) 358-3466

Pharmacy Hours: Monday thru Friday: 8:00 a.m. to 8:00 p.m.  
Weekends and Holidays: Closed Saturday 8:30 a.m. – 4:00 p.m.

**University Family Health Center, Southeast Pharmacy**  
3819 S. Gevers  
San Antonio, TX 78223  
(210) 358-5534-RPH

Refill Line: (210) 358-5535

Pharmacy Hours: 8:30 a.m.-7:00 p.m. Mon-Thurs  
8:30 a.m.- 5:00 p.m. Fri.  
8:00 a.m – 12:00 p.m. Sat  
Closed on Sundays

**University Family Health Center, Southwest Pharmacy**

2121 SW 36th St.

San Antonio, TX 78237

(210) 358-5137-RPH

Refill Line: (210) 358-5138

Pharmacy Hours: 8:30 a.m. – 5:30 p.m. Mon. – Thurs.

8:30 a.m. through 5:00 p.m. Fri.

Closed Weekends & Holidays

**FOR ALL REFILLS**

**PLEASE CALL REFILL LINE 24 HOURS IN ADVANCE. ALLOW 1 BUSINESS DAY (M-F) FOR REFILLS.**

PLEASE BE PREPARED TO PROVIDE YOUR NAME, PHONE NUMBER, HEALTH SYSTEM, I.D. NUMBER, AND Rx NUMBERS (S).