

# Antidepressant Adherence



### The effects of taking your medication may not start right away.

You may not feel better at first. It can take two to four weeks.



### Talking to someone can help.

Together with medication, speaking with someone can help you feel better. Think about seeing a counselor or a therapist.



### Follow-up care is key.

Go to all your follow-up visits. Tell your provider about how you've been feeling. Report any side effects. Your provider can make sure your treatment is right for you.



### Antidepressants are not addictive.

You won't form a habit.



### Don't skip doses.

Keep taking your medication as prescribed. Don't stop because you feel better.



Antidepressants can help treat your depression. For antidepressants to work, you must take them as prescribed. Knowing what to expect can help you follow your treatment course.

## Possible Side Effects

Some people may have side effects when taking medication. Speak with your healthcare provider if you have any side effects or to ask what to look for. Some common side effects and how to treat:

| SIDE EFFECT             | WHAT YOU CAN DO  |
|-------------------------|--|
| <b>Nausea</b>           | <ul style="list-style-type: none"> <li>• Drink plenty of water.</li> <li>• Suck on hard candy.</li> <li>• Take your medication closer to bedtime.</li> </ul>   |
| <b>Dry mouth</b>        | <ul style="list-style-type: none"> <li>• Chew sugar-free gum.</li> <li>• Drink water.</li> <li>• Suck on hard candy or ice.</li> </ul>   |
| <b>Constipation</b>     | <ul style="list-style-type: none"> <li>• Drink water.</li> <li>• Exercise regularly.</li> <li>• Eat high-fiber foods like fresh fruits, veggies, and whole grains.</li> </ul>  |
| <b>Tiredness</b>        | <ul style="list-style-type: none"> <li>• Take a short nap.</li> <li>• Take medication closer to bedtime.</li> </ul>  |
| <b>Worry or fear</b>    | <ul style="list-style-type: none"> <li>• Try breathing or mindfulness exercises.</li> <li>• Try light exercise, such as yoga or walking.</li> <li>• Talk to someone you trust.</li> <li>• Ask for help if needed.</li> </ul> |
| <b>Trouble Sleeping</b> | <ul style="list-style-type: none"> <li>• Try breathing exercises.</li> <li>• Take your medication in the morning. Avoid caffeine, which is often found in chocolate, coffee, tea, and soda.</li> </ul>                       |

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