

# Lowering the dose of your Tricyclic Antidepressant



## What is a Tricyclic Antidepressant?

Medicine that helps with depression, sleep, and/or pain.

The medication you are currently taking: \_\_\_\_\_

Your dose: \_\_\_\_\_



## Tricyclic antidepressant withdrawal is possible.

You and your health care provider have decided to lower your dose of your medication. It is important to know that Tricyclic Antidepressant withdrawal is possible if you stop taking this medication, especially if you have been taking this for more than four to six weeks. Withdrawal symptoms can last for a few weeks.



## Withdrawal symptoms can include:

- Anxiety
- Insomnia or vivid dreams
- Headaches
- Dizziness
- Tiredness
- Irritability
- Flu-like symptoms, including achy muscles and chills
- Nausea
- Electric shock sensations
- Return of symptoms



## To minimize the risk of tricyclic antidepressant withdrawal, talk with your health care provider before you stop taking them.

Your health care provider may recommend that you gradually lower the dose of the medication for several weeks or months so your body can adjust to the change in your medication.



## It can be difficult to tell the difference between the withdrawal symptoms and the return of symptoms after you stop taking the tricyclic antidepressant.

Keep your health care provider informed of your symptoms. If your symptoms return, your health care provider may recommend another medication.

