

Medication Information

Trazodone (Traz – oh – doan)

Other names for this medication

Desyrel[®]

There are many other names for this medication.

How this medication is used

This medication helps improve mood and is used to treat depression.

This medication may also be used to help you sleep. It may be used to treat other conditions. Ask your doctor or health care provider if you are not sure why you are taking this medication.

It may take up to 4 weeks before you get the full effect of this medication.

If you are pregnant or planning to become pregnant, talk to your doctor or health care provider about the risks and benefits of taking this medication.

How to take this medication

Take this medication exactly as directed by your doctor at the same time each day.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for the next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

Do not stop taking this medication without talking to your doctor first.

Until you know how this medication makes you feel, do not drive or operate machinery.

Always check with your doctor or health care provider before taking any over-the-counter medications such as antihistamines, cold remedies or natural and herbal products.

While taking this medication you may notice

- dry mouth
- headache
- constipation or diarrhea
- nausea, vomiting, upset stomach
- drowsiness
- dizziness
- blurred vision

This medication increases the effects of alcohol making you more sleepy, dizzy and lightheaded. Do not drink alcohol such as wine, beer or liquor while taking this medication.

Many of these effects will go away as your body gets used to the medication. If not, contact your doctor.

To help dry mouth, try sucking sugar-free candy or chewing sugar-free gum. Sucking on ice chips also helps if you are not on a limited fluid diet. Good care of your teeth is very important at this time.

Contact your doctor if you notice

- skin rash or itchy skin
- unexplained fever or sore throat
- unwanted or painful erect penis that does not go away
- yellow eyes, skin and dark urine
- behavioural or emotional changes, including thoughts of self-harm or suicide

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

To prevent constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

To avoid stomach upset, take this medication with a meal or snack.

Contact your doctor if you notice

- skin rash or itchy skin
- unexplained fever or sore throat
- unwanted or painful erect penis that does not go away
- yellow eyes, skin and dark urine
- behavioural or emotional changes, including thoughts of self-harm or suicide
- episodes of dizziness or falling
- fast heart beat, excessive sweating and muscle twitching

Contact your pharmacist if you have any questions about your medication.