









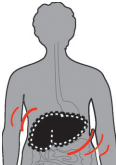







<b>Active ingredients (generic names)</b>	<p><b>CITALOPRAM</b> (si-tal-o-pram) <b>FLUOXETINE</b> (flu-ox-e-teen) <b>ESCITALOPRAM</b> (es-kit-alo-pram) <b>FLUVOXAMINE</b> (flu-vox-a-mine) <b>PAROXETINE</b> (par-ox-e-teen) <b>SERTRALINE</b> (ser-tra-leen)</p>  <p><b>Common name:</b> SSRIs <b>Other SSRIs</b></p>
<b>What it is used for</b>	<ul style="list-style-type: none"><li>• Anxiety disorders (eg obsessive compulsive disorder)</li><li>• Bulimia nervosa</li><li>• Depression</li><li>• Perinatal anxiety and depression</li><li>• Post-traumatic stress disorder</li><li>• Premenstrual dysphoric disorder (fluoxetine, sertraline)</li></ul>
<b>How it works</b>	<ul style="list-style-type: none"><li>• Serotonin is a chemical in the brain. It helps control mood, emotions, eating and sleep. People who are depressed and sad may not have enough serotonin</li><li>• SSRIs stop serotonin going inside nerve cells so there is more left in the brain to help patient with building spirit and being strong again</li></ul> 
<b>Side effects</b>	<ul style="list-style-type: none"><li>• Agitation</li><li>• Problems with sex (eg decreased sex drive)</li></ul> <div><p>Sleepy</p></div> <div><p>Trouble sleeping</p></div> <div><p>Diarrhoea</p></div> <div><p>Nausea</p></div>

 <p><b>Warnings</b></p>	<ul style="list-style-type: none"> <li>• Bipolar disorder</li> <li>• People at high risk of bleeding</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Pregnant</p> </div> <div style="text-align: center;">  <p>Children and teenagers</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Epilepsy (fits)</p> </div> <div style="text-align: center;">  <p>Liver trouble</p> </div> </div> <p><b>Interactions — Do not use together without medical consult</b></p> <ul style="list-style-type: none"> <li>• SSRIs interact with a lot of different medicines — always check with doctor or pharmacist before adding another medicine</li> </ul>
<p><b>Tell the patient</b></p> 	<ul style="list-style-type: none"> <li>• May take about 4 weeks for full effect, but you should start to feel a bit better after 1–2 weeks</li> <li>• <b>Do not</b> stop medicine suddenly — you may get withdrawal symptoms (see AMH for details)</li> <li>• Make sure you tell other doctors or health people you are taking this medicine</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><b>Do not</b> drink alcohol (grog)</p> </div> <div style="text-align: center;">  <p><b>Do not</b> drive or operate machinery if sleepy</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><b>Do not</b> stop taking medicine</p> </div> <div style="text-align: center;">  <p>Return to clinic if you feel strange after starting medicine OR if your mental health symptoms worsen</p> </div> </div> <p><b>Warning stickers (page 310): 5, 9, 12</b></p>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Mental health assessment after 2 weeks of treatment</li> </ul>