Some people may experience weight change. It is most likely to occur over six to twelve months and depends on your actual weight. The chart below is based on a 150 lb person.

<table>
<thead>
<tr>
<th>Weight Change</th>
<th>Stopping Approach</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Weight loss (1 to 5 lbs)</strong></td>
<td><strong>None</strong></td>
</tr>
<tr>
<td><strong>Weight gain (1 to 5 lbs)</strong></td>
<td></td>
</tr>
</tbody>
</table>

**More likely if you skip**: To quitting your medicine all at once can make you feel sick, as if you had the flu (e.g., headache, dizziness, light-headedness, nausea or anxiety).

Some people may experience loss of sexual desire (libido) or loss of ability to reach orgasm because of their antidepressant.

<table>
<thead>
<tr>
<th>Sexual Issues</th>
<th>Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Less libido</strong></td>
<td><strong>Normal</strong></td>
</tr>
<tr>
<td><strong>Insomnia</strong></td>
<td><strong>Sleepiness</strong></td>
</tr>
<tr>
<td><strong>Insomnia</strong></td>
<td><strong>Sleepiness</strong></td>
</tr>
</tbody>
</table>

Makers of this aid have no financial relationships with pharmaceutical or device manufacturers.

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Depression medicines may cause some:
- constipation, diarrhea and nausea
- increased risk of suicidal thoughts and behaviors (18- to 24-year-olds)
- harm to an unborn child
- risk of developing serotonin syndrome, a potentially life-threatening condition
- possible drug-drug interactions

What You Should Know

Will this medicine work for me?
- The antidepressants presented in this decision aid all work the same for treating depression.
- Most people with depression can find one that can make them feel better.
- 6 out of 10 people will feel better with the first antidepressant they try and the rest will have to try other antidepressants before they find the one that is right for them.

How long before I feel better?
- Most people need to take an antidepressant regularly for at least 6 weeks to begin to get the full effect.

Understanding side effects
- Most people taking antidepressants have at least one side effect.
- Many side effects go away after a few weeks, but some only go away after you stop the medicine.

Making Wiser Choices About Medicines

A take-home guide to help patients compare depression medicines.

This information reflects the best available research studies. It was prepared by Mayo Clinic researchers without funding from makers of depression medicines.