

Lexapro (escitalopram)



What is it usually prescribed for?

Major depressive disorder, generalized anxiety disorder, and other conditions.



How does it work?

Lexapro helps control feelings of sadness and fear or worry. Lexapro is thought to boost the brain chemical serotonin and balance the serotonin brain system.

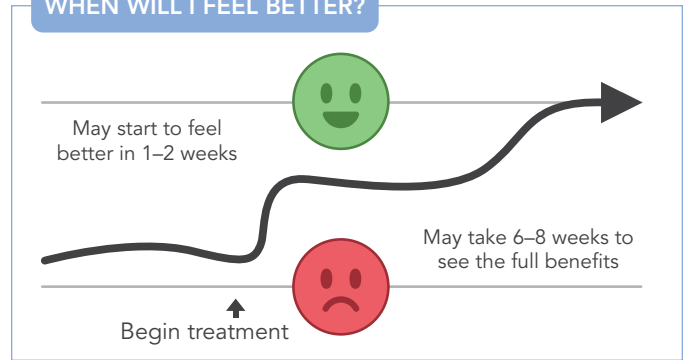


What should I expect?

It may take a few weeks for you to feel the full benefits of taking this medicine. Sleep, energy, or hunger may improve within the first 1–2 weeks. Sadness and lack of interest in activities may need up to 6–8 weeks to improve fully.

Your healthcare professional will start with a low dose that is slowly increased to find the best dose that works for you. Tell your healthcare professional how it's working for you and if you have any side effects so the dose can be changed if needed.

WHEN WILL I FEEL BETTER?



Take Lexapro exactly as prescribed to get the full benefit of this medicine.



Will I have side effects?

You may or may not have side effects when taking Lexapro. Most side effects improve over the first week or two of treatment. Sexual side effects of Lexapro may last for a long time. Talk to your healthcare professional about making a change if this side effect bothers you.

What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

	Drink plenty of water	Drink less caffeine and alcohol	Do more exercise	Healthcare professional suggestion
Upset stomach or diarrhea	X	X		
Feeling very tired	X	X	X	
Dry mouth	X	X		
Sweating	X			
Feeling nervous		X	X	
Trouble sleeping		X	X	
Headache	X	X	X	

Note: This is not a complete list of side effects; other side effects are possible. Before starting Lexapro, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



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YOU'RE NOT ALONE!

In 2018, Lexapro was prescribed nearly 26 million times in the United States.






What should I avoid?

Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are many interactions with medicines that may increase your chance of side effects.

Do not suddenly stop taking Lexapro unless your healthcare professional has told you to, because it can cause nausea, headache, irritability, and other negative feelings.

Use less alcohol and recreational drugs. They may decrease the benefits of Lexapro and increase the chance of side effects.

WHAT IS MOST IMPORTANT TO REMEMBER

-  It may take up to a few weeks for you to feel the full benefits of taking this medicine
-  Tell your healthcare professional about any troubling side effects so that you can work together to address them
-  Do not suddenly stop taking this medicine unless told to do so by your healthcare professional
-  Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional
-  Get medical care right away if you have serious side effects



When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Thoughts of suicide or are planning to hurt yourself
- Very stiff muscles, high fever, sweating, confusion, fast or uneven heartbeats, feeling like you might pass out
- Blurred vision, tunnel vision, eye pain or swelling, or seeing halos around lights
- Very excitable and nervous

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



Where can I get more help?

National Alliance on Mental Illness (NAMI) – nami.org

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text "HELLO" to 741741



Notes and questions for my next appointment

