

# Desyrel (trazodone)



## What is it usually prescribed for?

Sleep problems (insomnia), depression, and other conditions.



## How does it work?

Desyrel helps improve sleep and feelings of sadness. Desyrel helps balance the brain chemical serotonin, norepinephrine, and histamine.



## What should I expect?

For sleep problems, Desyrel usually takes effect in less than 1 hour. Desyrel increases the duration of deep sleep, which is associated with better sleep quality. The effect of Desyrel on depression may be delayed 2–4 weeks.

Your healthcare professional will start with a low dose that may be increased to find the best dose that works for you. Usually, treatment for sleep problems requires smaller doses, while treatment for depression requires larger doses.

## HOW DOES DESYREL HELP ME SLEEP?



Falling asleep?

Yes

Staying asleep?

Yes

Going back to sleep?

No

Tell your healthcare professional how Desyrel is working for you and if you have any side effects so the dose can be changed if needed.

Take Desyrel 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 Desyrel. Most side effects are immediate but often go away with time. The chance of some side effects increases with larger doses.

## 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 alcohol	Apply warm compress	Healthcare professional suggestion
Feeling dizzy	X	X		
Feeling drowsy	X	X		
Diarrhea	X	X		
Constipation	X			
Headache	X	X	X	
Stuffy nose	X		X	

Note: This is not a complete list of side effects; other side effects are possible. Before starting Desyrel, 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 2019, Desyrel was prescribed nearly 24.0 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 Desyrel unless your healthcare professional has told you to because it can lead to side effects like headache, fear and worry, and the return of your sleep problems.

Use less alcohol and recreational drugs. They may decrease the benefits of Desyrel 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:

- Unusual thoughts or behavior, including thoughts about suicide or hurting yourself
- Fast or pounding heartbeats, shortness of breath, and sudden dizziness
- Slow heartbeats
- Penis erection that is painful or lasts 4 hours or longer
- Easy bruising, unusual bleeding
- Headache, confusion, slurred speech, severe weakness, vomiting, feeling unsteady

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](http://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

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