

Medication Information

Venlafaxine XR (Ven – la – fax – een)

Other names for this medication

Effexor XR[®]

There are many other names for this medication.

How this medication is used

This medication helps to improve mood and is used to treat depression and/or anxiety disorders. This medication may also 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 thinking about getting pregnant, talk to your doctor 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.

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

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

How to take this medication (continued)

Capsules: Swallow whole with a full glass of water. Do not crush or chew capsules.

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

- headache
- dry mouth
- increased sweating
- nausea
- constipation
- nervousness or anxiety
- trouble sleeping
- loss of appetite
- increased blood pressure

Most of these effects will go away as your body gets used to the medication. If not, contact your doctor or health care provider.

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 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.

Check your blood pressure regularly.

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.

While taking this medication you may notice (continued)

Take this medication with food if it upsets your stomach. If this medication makes you sleepy, take it in the evening. If it makes you active, take it in the morning.

This medication does not mix well with alcohol in the body. Do not drink alcohol such as wine, beer or liquor while taking this medication.

Contact your doctor if you notice

- skin rash or itchy skin
- restless and excited feelings
- you feel less interested or able to have sex
- increase in blood pressure
- behavioural or emotional changes, including thoughts of self-harm or suicide
- fast heart beat, excessive sweating and muscle twitching

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