

Medication Information

Fluoxetine (Floo – ox – e – teen)

Other names for this medication

Prozac[®]

There are many other names for this medication.

How this medication is used

This medication improves mood and treats depression. It helps balance chemicals in the brain. It may take up to 4 weeks before you get the full effect of this medication.

This medication may also be used to treat obesity, eating disorders and obsessive-compulsive disorders.

This medication may also be used for some types of pain and to prevent migraine headaches.

If you are pregnant or planning to become pregnant, talk to your health care provider about the risks and benefits of taking this medication.

How to take this medication

Take this medication exactly as directed by your health care provider.

If you take this medication once a day, take it in the morning. If you take this medication twice a day, take it in the morning and at noon.

How to take this medication (continued)

Do not stop taking this medication without checking with your health care provider first.

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

Capsule: Swallow whole with a full glass of water.

Liquid: May be mixed with water or juice.

While taking this medication you may notice

- dry mouth
- diarrhea
- you sweat more
- headache
- nervousness
- trouble sleeping
- dizziness
- nausea
- upset stomach
- poor appetite
- you feel more tired or weak
- you feel more anxious
- drowsiness
- blurred vision, may last up to 1 week

This medication can make you drowsy. Until you know how this medication affects you, do not drive or operate machinery.

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.

While taking this medication you may notice (continued)

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.

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.

Many of these side effects will go away as your body gets used to this medication.

This medication increases the effects of alcohol, making you more sleepy, dizzy and lightheaded. Do not drink alcohol such as wine, beer and liquor while taking this medication.

Contact your health care provider if you notice

- severe agitation or anxiety
- your heart beat is not regular
- you feel less interested or able to have sex
- muscle tremor
- continued muscle stiffness
- continued restlessness
- confusion
- behavioural or emotional changes including thoughts of self-harm or suicide