



Desvenlafaxine (Pristiq)

The medication Desvenlafaxine (**Pristiq**) is an antidepressant. It is FDA approved to treat depression. Pristiq can be prescribed for many other medical conditions including anxiety, obsessive-compulsive disorder, panic disorder, and PTSD. Generally these symptoms interfere with your life goals, which is why many people choose to take Pristiq.

Although Pristiq can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. The most common include: **nausea, dizziness, increased sweating, constipation, and decreased appetite**. Although these effects generally occur during initial treatment some remain throughout treatment and may warrant discontinuing the medication. Talk with your provider about it.

Some people experience sexual side effects when using Pristiq including decreased libido and ejaculatory problems. The incidence of these side effects is low.

The beneficial effect of Pristiq can sometimes take 7-28 days to be appreciated, and sometimes longer. Generally if no effect is felt after 4 weeks, then a different medication or a different dosage should be tried. The usual dosage 50 mg once a day.

You can experience uncomfortable symptoms if your medication is abruptly stopped. These can include weakness, dizziness, headache, fever, anxiety and agitation. If you choose to stop your medicine you should speak with your provider. Generally decreasing the dosage over two weeks avoids any discomfort.

Pristiq is generally safe with other medications. As with all treatments, please let your provider know if you are taking other medications. There are no dietary restrictions with Pristiq.

There are supplemental ways to improve life which include:

- exercise
- good sleep habits
- good eating habits
- yoga
- a hobby
- visiting with family or friends
- psychotherapy

If you have further questions about this medication, please ask your medical provider or your pharmacist.

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