



Mid-Valley Behavioral Care Network

1660 Oak Street SE, Suite 230 ■ Salem, Oregon ■ 97301

PHONE: (503) 361-2647 ■ FAX: (503) 585-4989 ■ www.mvbcn.org

Fluoxetine (Prozac)

The medication Fluoxetine (**Prozac**) is an antidepressant. It is used to treat depression. Prozac is 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 Prozac.

Prozac is FDA approved for Major Depression in adults and pediatric patients, Obsessive Compulsive Disorder in adults and pediatric patients, Panic Disorder in adults and Bulimia Nervosa in adults.

Although Prozac can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. The most common include: **dry mouth; drowsiness or sleeplessness; anxiety; nausea/ upset stomach.** 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 Prozac including decreased libido and ejaculatory problems.

In children and adolescents, antidepressants have been shown to potentially increase suicidal thoughts. Certainly untreated depression/anxiety is going to lead to suicidal thoughts more often than treatment. Nevertheless you should be aware of this rare situation. If you begin to develop intrusive suicidal thoughts, please let your physician know or go to an Emergency Room or crisis center.

The beneficial effect of Prozac 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 range is between 20-60 mg /day.

Although some antidepressants can have a withdrawal syndrome if abruptly stopped, this is less likely to happen with Prozac because it has a long half-life and gradually leaves the body.

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

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
- fish oil

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

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