



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

Vilazodone (Viibryd)

The medication Vilazodone (**Viibryd**) is an antidepressant. It is used to treat depression. Generally depression interferes with your life goals, which is why many people choose to take Viibryd.

Viibryd is FDA approved for Major Depression.

Although Viibryd can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. The most common include: **diarrhea and nausea; insomnia and vomiting**. 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 antidepressants including decreased libido and ejaculatory problems.

The beneficial effect of Viibryd 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 effective dose is 10-40 mg a day. Most people take Viibryd with food.

You can experience uncomfortable symptoms if your Viibryd is abruptly stopped. These can include weakness, dizziness, headache, fever, anxiety and agitation.

Viibryd is generally safe with other medications. Yet please let your provider know if you are taking other medications. There are some drug interactions that your provider will be aware of and can talk to you about. There are no dietary restrictions with Viibryd.

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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