










## Venlafaxine





This is an easy way to read this word... ven-lah-fax-een



	<p><b>What is this leaflet for?</b></p> <p>This leaflet is to help you understand more about your medicine.</p> <p>Your medicine could look different to the photographs on this leaflet.</p>
	<p><b>What is the medicine called?</b></p> <p>Venlafaxine is also called Efexor.</p> <p>You will see 1 of these names on your prescription.</p> <p>Venlafaxine could come as tablets or capsules.</p>
	<p><b>What is venlafaxine for?</b></p> <p>Venlafaxine could be used for different reasons.</p> <p>Venlafaxine is used for depression and generalised anxiety disorder.</p> <p>Venlafaxine is sometimes used for people who have behaviour problems.</p> <p>For example, it could...</p> <ul style="list-style-type: none"><li>• help if you are anxious</li><li>• help calm you down</li><li>• help you feel less angry</li><li>• help you feel less tense.</li></ul>
	<p><b>What will venlafaxine do?</b></p> <p>Venlafaxine should help you feel calm and relaxed.</p> <p>It could take some time for venlafaxine to have its full effect.</p> <p>This effect should reduce your behaviour problem.</p>

This is an unofficial information leaflet.

Some of the pictures are from the CHANGE Health Picture Bank, CHANGE, Units 19/20, Unity Business Centre, 26 Roundhay Road, Leeds, LS7 1AB.

	<p>For example, it may...</p> <ul style="list-style-type: none"><li>• help you control your temper</li><li>• help you stop hurting yourself</li><li>• help you stop breaking things.</li></ul>
   	<p><b>What are the side effects of venlafaxine?</b></p> <p>Side effects are effects medicine can have on your body that are not wanted.</p> <p>Not everyone taking a medicine will get side effects.</p> <p>Many side effects will go away with time.</p> <p>Many side effects are rare.</p> <p><b>You might want to talk to your doctor if you have any side effects.</b></p> <p>For example, these are some side effects of venlafaxine...</p> <ul style="list-style-type: none"><li>• feeling more anxious or nervous</li><li>• feeling sleepy or sluggish</li><li>• feeling sick</li><li>• problems sleeping</li><li>• problems going to the toilet</li><li>• having to go to the toilet a lot</li><li>• headache</li><li>• sweating more than normal</li><li>• loss of interest in sex.</li></ul>

	<p>Some side effects are more serious.</p> <p>You should tell someone straight away if...</p> <ul style="list-style-type: none"><li>• you have blurred vision and things look fuzzy</li><li>• you feel dizzy when you stand up</li><li>• you are sick.</li></ul>
  	<h3>How and when do I take venlafaxine?</h3> <p>The label on your Venlafaxine packet should tell you when to take your medicine.</p> <p>The label should tell you how much medicine you should take.</p> <p>You should follow these instructions carefully.</p> <p>You should swallow your tablet or capsule with water.</p> <p>If you forget to take your medicine, tell someone straight away.</p> <p>You should ask your pharmacist if you can crush your medicine or if it can be mixed with a drink.</p> <p>You should carry on taking your medicine even if you feel better unless your doctor asks you to stop.</p> <p>You should talk to your doctor before you stop taking your medicine.</p>

	<h3>What do I need to know about venlafaxine?</h3> <p>Drinking alcohol whilst taking venlafaxine could make you feel drowsy.</p> <p>Some medicines do not work well together.</p> <p>You should tell your doctor about any other medicines you are taking.</p>
	<h3>Where can I get more information?</h3> <p>This leaflet does not tell you everything about venlafaxine.</p> <p>If you want more information about venlafaxine...</p> <ul style="list-style-type: none"><li>• you can ask your pharmacist, doctor or nurse for more information</li><li>• you can ask your carer to get more information</li><li>• you can phone NHS Direct on 0845 4647</li></ul> <p>This is an unofficial information leaflet. Some of the pictures are from the CHANGE Health Picture Bank, CHANGE, Units 19/20, Unity Business Centre, 26 Roundhay Road, Leeds, LS7 1AB.</p>

G. Unwin and S. Deb from the University of Birmingham created this leaflet with help from People First (Staffs) and Mencap. The project was funded by the Big Lottery Fund.

It can be downloaded from [www.ld-medication.bham.ac.uk](http://www.ld-medication.bham.ac.uk).

The information in this leaflet came from...

- the British National Formulary ([www.bnf.org](http://www.bnf.org))
- the United Kingdom Psychiatric Pharmacy Group Patient Advisory Leaflets ([www.ukppg.org.uk/ukppg-pals.html](http://www.ukppg.org.uk/ukppg-pals.html))
- Miriam Wilcher's Handbook for Carers of People with Learning Disabilities.