

## AMITRIPTYLINE

Amitriptyline is FDA approved for treatment of depression. It is also useful in treatment of chronic neuropathic pain. Your prescription will be given in generic form to reduce your cost.

The medicine comes in 10 mg and larger size tablets. The usual dose is 50-120 mg a day but the dose can vary depending on how well it works for you and your tolerance of the medication.

The starting dose is 10 mg at bedtime. Although this is a small dose, many people find low doses (10-30 mg at bedtime) may be enough to control their pain. You should take a single tablet (10 mg) each night for one week, one hour before bedtime, before increasing the dose. If there is no change in your pain, then you should increase by one 10 mg tablet at bedtime to a total of 20 mg at bedtime. If this dose does not help your pain, then you can increase again. Increases in dosage can be made safely every seven days without contacting your doctor. However, if you reach 50 mg at bedtime, further increases in the dose should be discussed with your doctor. At that point, your doctor may change your tablets to a larger strength (25 or 50 mg) so that you will not need to take nearly as many tablets.

If you find a dosage level that is satisfactory, there is no reason to increase the medication. If, after you have increased the medication, you find that the previous -- that is, lower--dose was just as effective, it would be better to use the lower dose.

No blood monitoring is needed while on Amitriptyline.

The medication has noticeable side-effects.

Dry mouth occurs in almost everybody when the dose is greater than 40 mg at night. There is no harm in this side-effect but it will be a good gauge of your continuing compliance with the medicine.

Drowsiness may occur as you increase from one dose to another, but it usually subsides after your body gets used to the medicine over several days. This is why dosage increases should be done no quicker than every 7 days.

Other less common side-effects include cloudy thinking, urinary retention, irregular heart beat, and light-headedness upon arising. If these occur, please call your doctor.

**AMITRIPTYLINE (By mouth)**  
**Amitriptyline (a-mee-TRIP-ti-leen)**

**Treats depression. This medicine is a tricyclic antidepressant.**

**Brand Name(s): Elavil, Vanatrip**

There may be other brand names for this medicine.

**When This Medicine Should Not Be Used:**

You should not use this medicine if you have had an allergic reaction to amitriptyline or to related medicine such as Asendin®, Anafranil®, Sinequan®, maprotiline (Ludiomil®), or trazodone (Desyrel®). You should not use this medicine if you are also taking cisapride (Propulsid®).

**How to Use This Medicine:**

**Tablet**

- Your doctor will tell you how much of this medicine to take and how often. Do not take more medicine or take it more often than your doctor tells you to.
- This medicine may be taken on an empty or full stomach.
- This medicine should come with a Medication Guide. Read and follow these instructions carefully. Ask your doctor or pharmacist if you have any questions. Ask your pharmacist for the Medication Guide if you do not have one. Your doctor might ask you to sign some forms to show that you understand this information.

**If a dose is missed:**

- If you miss a dose or forget to take your medicine, take it as soon as you can. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose.
- If you take only one dose at bedtime and you miss the dose, do not take the medicine in the morning. Wait until the next night and skip the missed dose.
- Do not take extra medicine to make up for a missed dose.

**How to Store and Dispose of This Medicine:**

- Store at room temperature in a closed container, away from heat, moisture, and direct light.
- Ask your pharmacist, doctor, or health caregiver about the best way to dispose of any outdated medicine or medicine no longer needed.
- Keep all medicine out of the reach of children and never share your medicine with anyone.

**Drugs and Foods to Avoid:**

**Ask your doctor or pharmacist before using any other medicine, including over-the-counter medicines, vitamins, and herbal products.**

- Avoid drinking alcohol.

**Warnings While Using This Medicine:**

- Make sure your doctor knows if you are pregnant or breastfeeding, or if you have diabetes, a history of heart disease, glaucoma, epilepsy, or stomach or intestinal disease.
- For some children and teenagers, this medicine can increase thoughts of suicide. All of the warnings in this leaflet are true for a child or teenager who is using this medicine. Tell your doctor right away if you start to feel more depressed. Also tell your doctor right away if you have thoughts about hurting yourself. Report any unusual thoughts or behaviors that trouble you, especially if they are new or get worse quickly. Make sure your caregiver knows if you have trouble sleeping, get

upset easily, have a big increase in energy, or start to act reckless. Also tell your doctor if you have sudden or strong feelings, such as feeling nervous, angry, restless, violent, or scared. Let your doctor know if you or anyone in your family has bipolar disorder (manic-depressive) or has tried to commit suicide.

- You may need to take this medicine for several weeks before you start to feel better.
- Do not stop using this medicine suddenly without asking your doctor. You may need to take less and less before stopping it completely.
- This medicine may make you dizzy or drowsy. Avoid driving, using machines, or doing anything else that could be dangerous if you are not alert.
- This medicine may make your skin more sensitive to sunlight. Use a sunscreen when outdoors. Avoid sunlamps and tanning beds.

**Possible Side Effects While Using This Medicine:**

**Call your doctor right away if you notice any of these side effects:**

- Confusion, agitation, hallucinations
- Diarrhea, fever, sweating, trembling or shaking
- Fainting
- Fast or irregular heartbeat
- Muscle stiffness
- Skin rash or hives

**If you notice these less serious side effects, talk with your doctor:**

- Changes in vision such as trouble focusing
- Constipation or diarrhea
- Drowsiness or dizziness
- Dry mouth, nausea, or weight changes
- Loss of interest in sex or loss of ability to have sex (impotence)
- Sensitivity to sunlight
- Trouble going to the bathroom

**If you notice other side effects that you think are caused by this medicine, tell your doctor.**

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