

Amitriptyline (pron. amy-trip-tea-lean)

What is amitriptyline used for?

Amitriptyline is known as a tricyclic and is mainly used to help treat the symptoms of depression. It can also be used to help anxiety, eating problems, poor sleep (in low dose), panic, PTSD, Seasonal Affective Disorder and Social Anxiety. It can also help pain, and bed-wetting in children. Amitriptyline is made as tablets and a syrup.

What is the usual dose of amitriptyline?

The usual dose of amitriptyline should be around 125-150mg a day for depression.

How and when should I take amitriptyline?

Swallow the tablets with at least half a glass of water whilst sitting or standing. It may make you feel sleepy so it may best be taken at night.

How long will amitriptyline take to work?

For depression, the effect will start in a week or two, and carry on building for the next few weeks. For some other conditions it may take up to 3 months to work fully.

How long will I need to keep taking amitriptyline for?

This will depend on why you are taking it and your history. For depression it can be for at least 6 months or up to many years.

Can I stop taking amitriptyline suddenly?

Amitriptyline is not addictive but do not stop taking it suddenly, even if you feel better. Your symptoms can return if it is stopped too early. You might also get some flu-like symptoms.

What should I do if I forget to take a dose of amitriptyline?

Take the missed dose as soon as you remember unless it is within about 8 hours of your next dose. If you remember after this just take the next dose as normal. Do not try to catch up by taking two doses at once as you may get more side-effects.

Can I drink alcohol while I am taking amitriptyline?

If you drink alcohol while taking amitriptyline it may make you feel more sleepy. This is particularly important if you need to drive or operate machinery and you must seek advice on this.

What sort of side-effects might I get if I am taking amitriptyline?

Most people get:	Some people also get:	Rarely people can get:
<ul style="list-style-type: none"> • Sleepiness • Constipation • Dry mouth • Blurred vision • Weight gain 	<ul style="list-style-type: none"> • Feeling sick • Headache • Not passing much urine • Feeling dizzy when you stand up • Fast heart beat • Sexual problems 	<ul style="list-style-type: none"> • Tremor • Skin rashes

Do not be worried by this list of side effects. Some people get no side effects at all and others may get some effects that are not listed here. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist.

Can I drive or cycle while I am taking amitriptyline?

You may feel a bit sleepy at first when taking amitriptyline. It may slow down your reaction times. Until this wears off, or you know how amitriptyline affects you, do not drive or operate machinery.

The small print: This short leaflet is to help you understand about your medicine. You should also read the manufacturer's Patient Information Leaflet (PIL) or visit our website for more information. Do not share medicines with anyone else.

