



Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

SNRIs (Serotonin & Norepinephrine Uptake Inhibitors)

Cymbalta® (duloxetine) and Effexor® (venlafaxine) belong to the class of prescription medications called “SNRIs.” While very effective in the treatment of depression, they have also been found to offer many other benefits to people without depression as well.

What are the potential benefits of the SNRIs?

Most importantly, they suppress pain coming from irritated nerves (“neuropathic” or nerve pain). Any pain perceived to be sharp, stabbing or, especially, burning is usually nerve pain and would be expected to improve with Cymbalta or Effexor. Pain that shoots from the neck to the arms or from the back down into the legs, hips or groin is usually related to irritated nerves and also usually responds to the SNRIs.

Headaches may be reduced in their frequency or severity with the use of SNRIs.

Studies have also shown that Cymbalta and Effexor may be effective for the pain of fibromyalgia and Interstitial Cystitis.

Cymbalta and Effexor can also be very effective in treating anxiety, panic disorder and social phobia.

What are the possible side effects of Cymbalta and Effexor?

Allergic Reaction:

Signs of an allergic reaction may include skin rash or hives; difficulty breathing; swelling of your face, lips, tongue, or throat.. Seek emergency care for any respiratory symptoms.

Side effects may include:

- drowsiness, dizziness, nervousness, or anxiety
- dry mouth, increased sweating
- nausea, vomiting, diarrhea, constipation
- decreased sex drive, impotence, or difficulty having an orgasm
- headache, blurred vision
- tremor or chills
- changes in appetite or weight

If these side effects occur, stop the medication. However, since most side effects are dose related and often resolve at lower doses, it is often worthwhile to restart the medication at a lower, tolerable dose to allow the body to adjust to the medicine and then get the benefits the medication has to offer.



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The following are rare but potentially serious side effects. Call your doctor at once if you have any of these side effects:

- increased blood pressure (severe headache, blurred vision)
- fever, fast heartbeat; hallucinations, loss of coordination, fainting
- seizure (convulsions)
- extreme thirst with headache, nausea, vomiting, and weakness; or
- easy bruising or bleeding
- irritability, agitation, aggressiveness, severe restlessness,
- thoughts of suicide or hurting yourself.

What precautions should I take while taking Cymbalta and Effexor?

Be cautious if using alcohol or other medicines that make you sleepy (such as cold medicine, pain medication, muscle relaxers, medicine for seizures, other medication for depression or anxiety). They can add to sleepiness caused by the SNRIs. Cymbalta and Effexor can cause side effects that may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be awake and alert

How should I take Cymbalta or Effexor?

- Take this medication with a full glass of water and with food and try to take venlafaxine at the same time each day.
- Swallow the controlled-release capsule (Effexor XR) whole, without crushing or chewing. To make the medication easier to swallow, you may open the capsule and sprinkle the medicine into a small amount of applesauce. Swallow all of the mixture without chewing, and do not save any for later use.
- It may take 4 weeks or more for your symptoms to improve. Do not stop taking these medications without first talking to your doctor. You may have unpleasant side effects if you stop taking this medication suddenly. Store these medications at room temperature away from moisture and heat.

What happens if I overdose on Cymbalta or Effexor?

Seek emergency medical attention if you think you have taken too much of this medication. Overdose symptoms may include dizziness, sleepiness, nausea, and numbness or tingling in your hands or feet.

What happens if I miss a dose of Cymbalta or Effexor?

Take the missed dose as soon as you remember. However, if it is almost time for the next regularly scheduled dose, skip the missed dose and take the next one as directed. Do not take extra medicine to make up the missed dose.



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Before taking Cymbalta or Effexor, tell your doctor if you have:

- bipolar disorder (manic depression)
- cirrhosis or other liver disease
- kidney disease
- high blood pressure
- glaucoma
- seizures or epilepsy
- bleeding or blood clotting disorder
- high cholesterol

If you have any of the conditions listed above, you may need a dose adjustment or special test to safely take the medication. You may have thoughts about suicide when you first start taking an antidepressant, especially if you are younger than 24 years old. Stop the medication and call your doctor if you have worsening symptoms of depression or suicidal thoughts during the first several weeks of treatment, or whenever your dose is changed