

## COMPLEX CHRONIC DISEASES PROGRAM

### Medication Handout

Date: May 15, 2018

#### Medication: Trazodone 50 mg

#### What is trazodone:

Trazodone is an antidepressant that is now used for insomnia; it helps with both falling asleep and staying asleep.

#### Expected Benefit:

As a sleep aid, you should notice a benefit on the first night within about 30 minutes of taking the medication.

#### Watch for possible side effects:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

If you have problems with these side effects talk with your doctor or pharmacist:

- Hangover effect (drowsiness that continues after waking up in the morning)
- Dizziness
- Dry mouth
- Headache
- Nausea

#### Stopping the medication:

Stopping trazodone is not usually a problem as there is no withdrawal effect you are taking it regularly at higher doses than prescribed below. Please ask your doctor or pharmacist before stopping the medication.

- Rebound insomnia is not usually a problem which makes trazodone a good option for taking a sleeping aid as needed

#### How to use this medication:

- Take this medication with or without food

#### Dosing Schedule:

- Start with 12.5 mg ( $\frac{1}{4}$  tablet) or 25 mg ( $\frac{1}{2}$  tablet) at bedtime
- Increase the dose by  $\frac{1}{4}$  or  $\frac{1}{2}$  a tablet every night until:
  - You can fall asleep, and/or
  - Stay asleep
- The usual effective dose is 50 – 150 mg at bedtime (1 – 3 tablets)
- Do not continue increasing the dose if you experience a hangover effect
- Talk with your doctor if you are still having problems with sleep, as you may need a different medication.

#### Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Avoid alcohol use at the same time
- Avoid herbal products such as St. John's Wort, valerian, tryptophan, SAMe, kava kava, 5 HTP, chamomile, dong quai, primrose oil, fenugreek, feverfew, flaxseed, ginkgo, ginseng, fish oils, omega 3, glucosamine, goldenseal, hawthorn, horse chestnuts seed, lemon balm, passion flower, red clover, willow bark

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.