



Medication Information

Trazodone (Brand name Desyrel)

Trazodone belongs to the group of antidepressants but in Canada is now used almost exclusively to improve sleep.

Before Using This Medicine

In deciding to use a medicine, the help it will provide must be weighed against the risks of taking the medicine. This is a decision you and your doctor will make. The following should be considered: allergies, pregnancy, breast-feeding, age of the patient and other medications and other medical problems.

Other Medicines: Although certain medicines should not be used together at all, in other cases two different medicines may be used together even if an interaction might occur. In these cases, your doctor may want to change the dose or other precautions may be necessary. When you are taking trazodone, it is especially important to let your doctor and pharmacist know if you are taking high blood pressure medicine, medicines that cause drowsiness and tricyclic antidepressants .

Other Medical Problems: The presence of other medical problems may affect the use of trazodone. Make sure you tell your doctor if you have any other medical problems, especially: Heart disease, Alcohol abuse, Kidney disease, Liver disease

Children: Studies on this medicine have been done only in adult patients, and there is no specific information comparing use of trazodone in children with use in other age groups.

Older adults: drowsiness, dizziness, confusion, vision problems, dryness of mouth, and constipation may be more likely to occur in the elderly, who are usually more sensitive to the effects of trazodone.

Proper Use of This Medicine

To lessen stomach upset and to reduce dizziness and light-headedness, take this medicine with or shortly after a meal or light snack, even for a daily bedtime dose, unless your doctor has told you to take it on an empty stomach.

Take trazodone as directed by your doctor. Sometimes trazodone must be taken for up to 4 weeks before you begin to feel better, although most people notice improvements within 2 weeks. The dose of trazodone will be different for different patients. Follow your doctor's orders or the directions on the label.

Precautions While Using This Medicine

It is important that your doctor check your progress at regular visits, to allow for changes in your dose and to help reduce any side effects.

Do not stop taking trazodone without first checking with your doctor. To prevent a possible return of your medical problem, your doctor may want you to reduce gradually the amount of medicine you are using before you stop completely.

Before having any kind of surgery, dental treatment, or emergency treatment, tell the medical doctor that you are using trazodone. Taking trazodone with medicines that are used during surgery or dental or emergency treatments may increase the CNS depressant effects.

This medicine will add to the effects of alcohol and other CNS depressants. Some examples of CNS depressants are antihistamines or medicine for hay fever, other allergies or colds, sedatives, tranquilizers, sleeping medicine, pain medicine or narcotics, barbiturates, medicine for seizure, muscle relaxants, or anesthetics. Check with your doctor before taking any of the above while taking trazodone.

This medicine can make some people drowsy or less alert than they are normally. Make sure you know how you react to this medicine before you drive, use machines, or do anything else that could be dangerous if you are not alert.

Trazodone may cause dryness of the mouth. For temporary relief, use sugarless gum or candy, melt bits of ice in your mouth, or use a saliva substitute. However, if your mouth continues to feel dry for more than 2 weeks, check with your medical doctor or dentist. Continuing dryness of the mouth may increase the chance of dental disease, including tooth decay, gum disease, and fungus infections.

Side Effects of This Medicine

Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these side effects may occur, if they do occur they may need medical attention.

Check with your doctor as soon as possible if any of the following side effects occur:

Rare

Painful, inappropriate erection of the penis, fast or slow heartbeat, skin rash, unusual excitement

Less common

Confusion, fainting, muscle tremors

Other side effects may also occur. If you notice any other effects, check with your doctor.

Adjusted from sources such as *Advice for the Patient – Drug Information (Thomson MICROMEDEX)* by
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