

Information about Amitriptyline



This is an easy way to say...Am...ee...trip...tea...lean

What is Amitriptyline?



Amitriptyline is a medication that will help if you have depression.

Amitriptyline can sometimes be called a different name like **Tryptizol**.

Amitriptyline can be taken as tablets or liquid medicine.

Where do I get Amitriptyline?



You can only get this medication with a prescription.

The doctor or consultant



- Will ask you questions about your health
- May also check your blood pressure
- Will ask you if you are taking other medication
- Will tell you if you need to have an electrocardiograph



An electrocardiograph is a test to check your heart

How do I take Amitriptyline?



The doctor will talk to you about how much Amitriptyline you need to take.

The doctor will tell you how to take your Amitriptyline. You need to take Amitriptyline for some time so that it works best.



You will usually take Amitriptyline at night.



If you forget to take your medication you must tell your carer and ask your doctor for advice.



You should not stop taking your medication suddenly as this could make you feel unwell.



What is good about Amitriptyline?



Amitriptyline can help reduce depression.
Amitriptyline can help you get better quicker.



Amitriptyline can help stop you feeling low and fed up

Amitriptyline also helps you to get better more quickly
when you are very angry or tense



What is not good about Amitriptyline?



There are some health problems that people can get when they take Amitriptyline.

These problems are called **side effects** but not everyone gets them.

- Feeling tired
- Feeling thirsty
- Feeling sick
- Headache
- Constipation

You should eat a healthy diet and drink more water or fruit juice.

Usually these side effects go away after a few weeks.

You will need to speak to your doctor if you:

- Have a rash on your skin
- Lose interest in sex
- Feel your heart going faster
- Feel dizzy when you stand up
- Not able to have a wee
- Bruise or bleed easily
- Feel unwell

What other things do I need to talk to the doctor about?



You should talk to your doctor if

- You are worried about your medication
- You want to know how much alcohol is safe to drink when taking medication
- You are planning to have a baby

The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.

The full information sheet about Amitriptyline medication should also be given to the service user, carers and staff.

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