

## Information about Sertraline

This is an easy way to say...Ser...tra...le...en



Sertraline is a medication that will help if you have depression and obsessive compulsive disorder. It is also used to help people with panic attacks.

Sertraline can sometimes be called a different name like **Lustral**.

Sertraline can be taken as tablets.

### What is Sertraline?

### Where do I get Sertraline?



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

## How do I take Sertraline?



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



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



You usually take Sertraline in the morning.



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 Sertraline?



Sertraline can help reduce depression and obsessive compulsive disorder.

Sertraline can help you get better quicker.

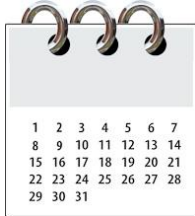
Sertraline can help stop you feeling low and fed up.



Sertraline also helps you to stop feeling very anxious or tense.



## What is not good about Sertraline?



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

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

- Feeling sick
- Have the runs
- Not feel like eating
- Constipation
- Put on weight
- Problems with sleeping
- Feel anxious and restless but this will get better in a few days.

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 unwell
- Lose or put on weight

**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 Sertraline medication should also be given to the service user, carers and staff.**

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