



Antidepressant Adherence

If you've been prescribed an antidepressant, it's important to take it as your doctor prescribes. One of the best things you can do to increase the chance that your medication will be effective is to take them as your doctor orders.

When you start a new medication, you may have side effects and symptoms as your body adjusts. Knowing what to expect when you begin taking an antidepressant can help you follow your course of treatment.

Key Facts

Any positive effects of taking your medication may not start right away

You may not feel better as soon as you start taking your medication. It can take 2-4 weeks to start experiencing positive effects.

Don't skip doses

Keep taking your medication as prescribed. It is important that you do not stop if you do not immediately feel better.

Follow-up care is key

Go to all of your follow-up visits. Be sure to tell your doctor about how you've been feeling. Report any side effects – your doctor can work with you to ensure your treatment and dosage are right for your needs.

Talking to someone can help

Along with taking medication, talking to someone can often help you feel better. You may consider seeing a counselor or therapist as part of your treatment plan.

Antidepressants are not addictive

You will not become addicted to antidepressants if you begin taking them.

Possible Side Effects

When you first begin taking an antidepressant, you may have side effects for a while. Always talk with your doctor about any side effects that you experience.

Refer to the chart below to see what you can do to lessen the severity of some common side effects.

SIDE EFFECT	WHAT YOU CAN DO
Nausea	<ul style="list-style-type: none"> • Drink plenty of water • Suck on hard candy • Take your medication closer to bedtime
Dry Mouth	<ul style="list-style-type: none"> • Chew sugar-free gum • Drink water • Suck on hard candy or ice chips
Constipation	<ul style="list-style-type: none"> • Drink water • Exercise regularly • Eat high-fiber foods, such as fresh fruits, vegetables, and whole grains
Tiredness	<ul style="list-style-type: none"> • Take a short nap during the day • Take your medication closer to bedtime
Worry or fear	<ul style="list-style-type: none"> • Try breathing or mindfulness exercises • Try light exercise, such as yoga or walking • Talk to someone you trust Ask for help if you need it
Trouble sleeping	<ul style="list-style-type: none"> • Try breathing exercises • Take your medication in the morning • Avoid caffeine, which is often found in chocolate, coffee, tea, and soda

Thank you for being our member. If you have any questions or would like help, please call us at 1-877-617-0390 (TTY: 1-877-617-0392).

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