Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

PATIENT EDUCATION

Milnacipran

Savella / U.S. fibromyalgia formulation

A guide for adults taking milnacipran.
Follow the directions on your prescription and your provider's recommendations.

FOLLOW YOUR STARTER SCHEDULE | KEEP BLOOD-PRESSURE AND PULSE CHECKS

Formulations: Savella tablets are generally taken twice daily after a gradual starting schedule. Milnacipran and levomilnacipran are different medicines.

What it is used for

Milnacipran is FDA-approved for adult fibromyalgia. It is used for depression in some other countries, but Savella is not approved for depression in the United States.

How it works

It slows serotonin and norepinephrine reuptake. These messengers participate in pain regulation as well as mood and alertness.

What to expect over time

Sleep, energy, or appetite may change before mood improves. Benefit usually builds over several weeks; some conditions need a longer trial at a useful dose.

Track the symptoms you are treating and how you manage daily activities. Keep follow-up appointments. Schedule an earlier appointment if your mood gets worse.

Taking your medication

- Follow the starter schedule. Taking it with food may reduce nausea.
- If you miss a dose, take it when you remember unless it is almost time for the next dose. Then skip it. Do not double a dose.
- Do not stop abruptly; consult with your provider about gradual reduction.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

MILNACIPRAN / 02

Side effects and safety

Possible side effects

- Nausea, dry mouth, or constipation
- Sweating, headache, or dizziness
- Sleep changes or reduced appetite
- Sexual side effects; increased blood pressure or pulse

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Antidepressants can increase suicidal thoughts in people under 25. Watch for changes in mood or behavior at any age, especially when starting treatment or changing a dose.

Tell your provider about emotional numbness, unusual agitation, or a reduced need for sleep with increased energy. These changes may call for a treatment adjustment.

Have blood pressure checked before starting and during treatment. Report unusual bleeding, severe headache, confusion, or marked weakness; low sodium is one possible cause.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss any history of mania or bipolar disorder, seizures, heart disease, glaucoma, and kidney or liver problems.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Discuss urinary difficulty, kidney impairment, liver disease, and substantial alcohol use. Kidney function may require a lower dose.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Do not combine with an MAOI. Generally wait 14 days after an MAOI before Savella and at least five days after Savella before an MAOI; your provider must direct the switch.

Other serotonergic medicines can cause serotonin syndrome. NSAIDs and blood thinners add bleeding risk; alcohol can add liver risk.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

Living with your treatment

When to get help

Emergency symptoms. Get emergency care for a seizure, severe allergic reaction, or sudden eye pain with vision changes. Fever with agitation, diarrhea, and stiff or twitching muscles may be serotonin syndrome and needs urgent assessment.

Prompt medical advice. Contact your provider right away for marked agitation, new hallucinations, or unusually high energy with very little need for sleep.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Can I stop when I feel better?
Consult with your provider. Continuing treatment after improvement can reduce the chance that symptoms return. Most antidepressants should be reduced gradually to limit withdrawal symptoms.

What if I have sexual side effects?
Changes in desire, arousal, or orgasm are worth discussing. Your provider can review the dose or treatment options; do not stop or skip doses on your own.

Everyday tips

A regular dose time and refill reminder can help prevent missed doses.

Bring a few specific observations to appointments: sleep, motivation, anxiety, and activities that have become easier or harder.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

Official prescribing information: milnacipran

MedlinePlus: milnacipran

Educational handout; does not replace your prescription or provider's recommendations.