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PSYCHIATRY

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PATIENT EDUCATION

Vilazodone

Viibryd / Generic tablets

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

TAKE EVERY DOSE WITH FOOD

BUILD BENEFIT GRADUALLY • DO NOT STOP SUDDENLY

Formulations: Oral tablets are taken once daily with food after a gradual starting schedule. Food is necessary for reliable absorption.

What it is used for

Vilazodone treats major depression in adults. Anxiety symptoms may improve as depression improves, but it is not separately approved for every anxiety disorder.

How it works

It inhibits serotonin reuptake and partly activates serotonin 5-HT1A receptors. Benefit develops over weeks despite early changes in signaling.

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

- Take every dose with food, preferably linked to the same daily meal.
- Follow the starting schedule; do not increase faster.
- 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.
- If you vomit after a dose, do not automatically repeat it. Consult with your provider or pharmacist.

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VILAZODONE / 02

Side effects and safety

Possible side effects

- Diarrhea, nausea, or vomiting
- Insomnia or dizziness
- Headache
- Sexual side effects

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.

Report unusual bruising or bleeding, severe headache, confusion, or marked weakness. SSRIs can increase bleeding risk and sometimes lower blood sodium.

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.

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; the waiting period depends on the medication being stopped. Linezolid and IV methylene blue also require special precautions.

Other antidepressants, tramadol, dextromethorphan cough medicines, triptans, lithium, and St. John's wort may increase serotonin-syndrome risk.

Aspirin, NSAIDs such as ibuprofen, and anticoagulants can add bleeding risk. Review alcohol and other medicines that impair alertness.

Strong CYP3A inhibitors can require a lower maximum dose. Inducers can reduce exposure; the provider should manage adjustments.

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