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PSYCHIATRY

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PATIENT EDUCATION

Vortioxetine

Trintellix / Oral tablets

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

US TABLETS: 5, 10, 20 MG

ONCE DAILY • WITH OR WITHOUT FOOD

Formulations: Oral tablets are taken once daily. Dose adjustments may be needed with CYP2D6 metabolism differences or interacting medicines.

What it is used for

Vortioxetine treats major depression in adults. Concentration may improve with successful depression treatment, but it is not approved as a stand-alone memory or ADHD medicine.

How it works

It inhibits serotonin reuptake and acts at several serotonin receptors. These combined actions affect signaling involved in mood.

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 consistently, with or without food. Food may be helpful if nausea occurs.
- 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.
- Consult with your provider before stopping; higher doses may be reduced before discontinuation.

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VORTIOXETINE / 02

Side effects and safety

Possible side effects

- Nausea, sometimes vomiting
- Constipation
- Dizziness
- 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.

Wait at least 14 days after an MAOI before starting vortioxetine and at least 21 days after vortioxetine before an MAOI, under provider supervision.

Strong CYP2D6 inhibitors such as bupropion, fluoxetine, or paroxetine can require dose reduction. Other serotonergic medicines add serotonin-syndrome risk; NSAIDs and anticoagulants add bleeding risk.

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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

Will it avoid sexual side effects?
Not necessarily. Some people tolerate it better than a previous antidepressant, but sexual effects still occur.

Is it a treatment for memory loss?
It treats depression. Persistent or worsening memory problems need their own assessment.

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: vortioxetine

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