



**TRAZODONE**



# TOP APS DRUGS

## TRAZODONE

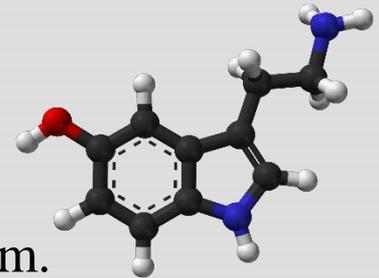
BRAND NAMES: OLEPTRO , DESYREL (DIVIDOSE) & TRIALODINE

Trazodone

# Pharmacodynamics

*study of what a drug does to the body*

Studies show that trazodone selectively inhibits neuronal reuptake of serotonin and acts as an antagonist.



Trazodone does not stimulate the central nervous system.

Mechanism of trazodone's antidepressant action is not fully understood, but is thought to be related to potentiation of serotonergic activity in CNS.

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# Pharmacology

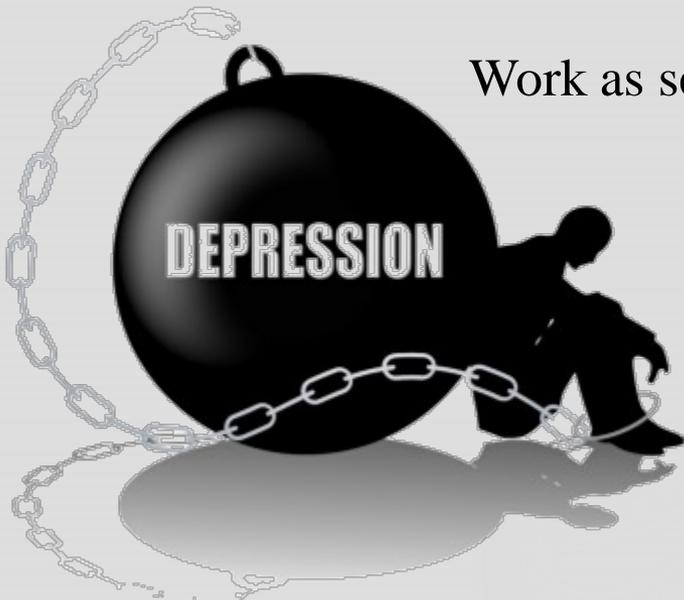
*science of drug action on biological systems*

Antidepressant medication used to treat major depressive disorder.

Generally, more useful and effective in depressive disorders associated with insomnia, anxiety and schizophrenia.

Often used to treat insomnia and other sleeping disorders

Work as serotonin modulators in the brain.



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# Side Effects

## Common Side Effects

Mild dry mouth



Muscle or bone pain

Trouble sleeping & with remembering

Unpleasant taste

## Severe Side Effects

Blurred vision



Dizziness, faintness or lightheadedness

Sweating



Unusual tiredness or weakness

If any of these severe side effects are seen, call doctor immediately!

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# Associated Risks



Patients who take trazodone pills may be at increased risk for suicidal ideation and suicidality; risk may persist until significant remission occurs.

Short-term studies of patients with major depressive disorder (MDD) and other psychiatric disorders were conducted and have shown that antidepressants increase the risk of suicidal ideation and behavior in children, adolescents, and young adults.

Antidepressants have also been associated with cases of clinically significant hyponatremia in elderly patients who may be at greater risk for this adverse reaction.



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# Contraindications

*A specific situation in which a drug, procedure, or surgery should not be used because it may be harmful to the patient.*

Patients should NOT take trazodone tablets if they...

- are allergic to it.
- use Monoamine Oxidase Inhibitors (MAOIs) such as methylene blue injection.
- have the following diseases:
  - Liver or kidney disease
  - Cardiovascular disease
  - Blood clotting/bleeding disorder
  - Epilepsy/seizures
  - Narrow-angle glaucoma
  - Bipolar disorder
  - History of Long QT syndrome
  - Suicidality

**NOTE:** Consult doctor to see what could be recommended if patient has any of the following illnesses.

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# Pregnancy Risks

In some animal studies, evidence has been found on fetuses who were exposed to the drug, developing developmental abnormalities.

- In rat studies, increased fetal resorption and other adverse effects on the fetus.
- In rabbit studies, increases in congenital anomalies on the fetus.
- No adequate and well-controlled studies in pregnant women.



Trazodone should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Trazodone and its metabolites have been found in the milk of lactating mothers in rat studies; caution should be exercised when administered to a nursing woman.

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# Potential Dangers

## Alcohol:

- Drinking alcohol may increase certain side effects of trazodone such as dizziness, drowsiness, confusion, and difficulty concentrating.



## Patients with diseases:

- Trazodone may induce specific reactions, varying on the disease the patient may have, and cause certain risks such as seizures, depression, suicidal thoughts, arrhythmias, hypotension, etc. (See contraindications slide!)

## General Applications:

- Trazodone may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be alert.



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# Potential Dangers continued

**Other prescriptions: (Some MEDS MAY INTERACT with trazodone!)**

**There are over 968 drugs (5525 brand and generic names) that are known to interact with trazodone.**

**Always be cautious with drug interactions and always remind doctors of the client's use of trazodone.**

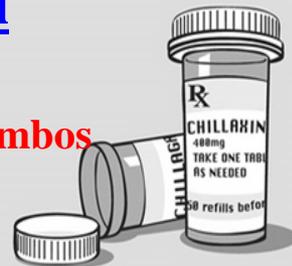
**Listed below is a link to the site that has all medications that interact with trazodone.**



**<http://www.drugs.com/drug-interactions/trazodone.html>**

**NOTE: Some drugs have multiple combinations. Please be aware of the combos that trazodone can interact with.**

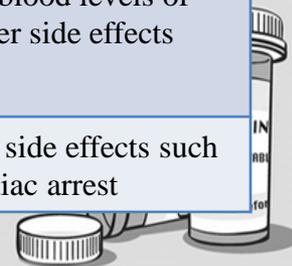
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# Common Meds, among APS clients, for Trazodone

| <b>Severity</b>  |   | <b><u>Risks</u></b>  |
|--|---|--|
| <b><u>High</u></b> (195 meds)  | <b><u>Moderate</u></b> ( 752 meds)  |  |
|  | <ul style="list-style-type: none"> <li>• Abilify (aripiprazole)</li> <li>• Ambien (zolpidem)</li> <li>• Klonopin (clonazepam)</li> <li>• Lamictal (lamotrigine)</li> <li>• Lyrica (pregabalin)</li> <li>• Depakote (divalproex sodium)</li> </ul> | Increase side effects such as dizziness, drowsiness, confusion and difficulty concentrating  |
| <ul style="list-style-type: none"> <li>• Cymbalta (duloxetine)</li> <li>• Flexeril (cyclobenzaprine)</li> <li>• Lexapro (escitalopram)</li> <li>• Prozac (fluoxetine)</li> <li>• Zoloft (sertraline)</li> <li>• Lithium Carbonate (lithium)</li> </ul> |   | Increase risk of rare and serious condition, serotonin syndrome – symptoms include confusion, hallucination, seizure, extreme changes in blood pressure, tremors, etc. |
| <ul style="list-style-type: none"> <li>• Haldol (haloperidol)</li> </ul>   | <ul style="list-style-type: none"> <li>• Seroquel (quetiapine)</li> <li>• Risperdal (risperidone)</li> <li>• Vasostriect (vasopressin)</li> </ul>   | Increase risk of an irregular heart rhythm that may be serious/life-threatening  |
| <ul style="list-style-type: none"> <li>• Budeprion (bupropion)</li> </ul>  |   | Increase risk of seizures & increase blood levels of trazodone, which may increase other side effects  |
| <ul style="list-style-type: none"> <li>• Clozaril (clozapine)</li> </ul>   | <ul style="list-style-type: none"> <li>• Microzide (hydrocholothiazide)</li> <li>• Intuniv (guanfacine)</li> </ul>  | Increase risk of serious cardiovascular side effects such as low blood pressure and cardiac arrest   |

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# Laboratory Monitoring

Patients with depressive symptoms should be adequately and regularly screened to determine if they are at risk for bipolar disorder, cardiac disease and withdrawal symptoms.

Patients should be readily monitored for suicidal risk.

Psychiatric and/or medical checkups (laboratory tests) should be done periodically to monitor your progress and check for side effects; blood pressure and pulse should be checked regularly.



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# (Self) Administration Instructions

Follow all directions on your prescription label. Your doctor may occasionally change your dose to make sure you get the best results. Do not take this medicine in larger or smaller amounts or for longer than recommended.

**Immediate-release tablet:** Tablet should be taken after a meal or a snack.

**Oleptro:** Tablet should be taken on an empty stomach at bedtime or late in the evening.

**Extended-release tablet:** Do not crush, chew or break the tablet. Swallow it whole or broken in half on the score mark.

It may take up to 2 weeks or longer before your symptoms improve.

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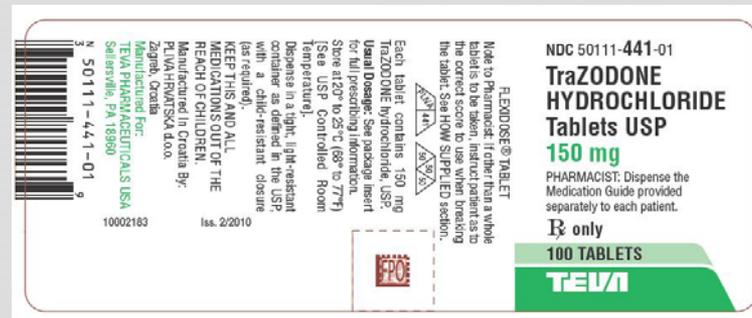


# Dosage

Typically, depending on the type of tablet given, the recommended starting dose for immediate-release tablet is ~150 mg orally per day in divided doses; may be increased by 50 mg orally per day every 3 to 4 days.

For an extended-release tablet, the recommended starting dose is ~150 mg orally once a day; may be increase by 75 mg orally per 3 days.

Once an adequate response has been reached, dosage may be gradually reduced depending on therapeutic response.



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# Management & Planning

Do not stop using trazodone suddenly – unpleasant withdrawal symptoms may occur.

**Miss a dose?** Take the missed dose as soon as remembered; skip the missed dose if near the time for next schedule dose; DO NOT double the dose to catch up.

**Overdose?** Seek emergency medical attention or call the Poison Help line  
@ 1-800-222-1222

**Changing dose?** Consult with a doctor; doctor may start you on a low dose of trazodone and gradually increase your dose, not more than once every 3-4 days, and may decrease your dose once condition is controlled.

Store at room temperature away from light and moisture.

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# Nonadherence/Relapse



*Stopping suddenly and taking inconsistently may cause withdrawal symptoms to occur such as anxiety, agitation or difficulty falling asleep or staying asleep.*

Previously believed that patients who took Trazodone and are alcohol dependent would relapse in increased alcohol drinking, but from a 2011 study, no association was found between trazodone use and relapse rates.

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# Diet/Exercise

This medication does not interact with food or caffeine.

**Cigarette smoking with antidepressants?** Tends to lower plasma levels. A higher dosage may be needed than someone who does not smoke.

Medications can affect different patients in various ways - not everyone will react the same way.

Follow a healthy diet and exercise plan to help manage with your symptoms.

*Be aware that exercise may increase side effects of trazodone such as dizziness, light-headedness and fainting.*

Consult your doctor to ensure you establish the proper regime for your circumstances.

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# Additional Resources



Xubex is a comprehensive pharmacy services company with the mission to be your leading source for affordable medications.

<http://www.xubex.com/>

(866) 699-8239

(407) 478-2663

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