

Serotonin Syndrome

What is serotonin syndrome?

Some medicines that help with depression have a chemical in them called serotonin. For some people, taking these antidepressants can cause serotonin syndrome. This is when there is too much serotonin in your body.

What are the signs of serotonin syndrome?

- Feeling anxious or restless
- Feeling confused
- Heart beating really fast
- Stiff muscles
- Twitching muscles
- Hair standing up on your arms and legs
- Shivering
- Sweating a lot
- Headache
- Diarrhea
- Your muscles suddenly get really tight
- Fever
- Seizures



If you have serotonin syndrome, you may notice these things a few hours after you take your medicine.



When causes serotonin syndrome?

Most of the time, serotonin syndrome happens when:

- You start to take a new antidepressant.
- You start taking a higher dose of an antidepressant.
- You are take an antidepressant and another kind of medicine together.

What can I do to prevent serotonin syndrome?

- Make sure you tell your doctor about all the medicines, herbs and supplements you take.
- Take your medicine the right way, every day.
- Don't take any other medicines, herbs or supplements before you ask your doctor.
- Don't use any illegal drugs. Some illegal drugs raise your chances of serotonin syndrome.

If you start to have any signs of serotonin syndrome, tell your doctor right away.

If you have symptoms that are very bad or that get worse fast, go to the emergency room right away.