



Fact Sheet Cymbalta™ or its Generic Duloxetine

Cymbalta™ / Duloxetine (dull-OX-eh-teen) is a medication used to treat mood disorders such as major depressive and anxiety disorders. It can also be used in neuropathic pain and fibromyalgia.

How does it work?

Cymbalta™ / Duloxetine is a medication that increases the levels of hormones that turn down our pain sensations. The medication works to help increase the amount of these hormones (serotonin and norepinephrine) helping to decrease our pain

What are the side effects?

All medications have positive effects (what we want) and negative effects (side effects). Starting at a low dose and increasing slowly as your body adjusts helps.

Most common side effects are nausea, sedation, dizziness and dry mouth. Taking your dose with food will help with the nausea. Moving slowly when changing positions will help decrease dizziness.

If you experience other side effects, contact your pharmacist or prescriber.

If you are taking other medications which affect serotonin, you should be monitored carefully for interactions and possible serotonin syndrome.

Serotonin syndrome is when there is too much serotonin in your body. Cymbalta™ / Duloxetine can cause serotonin syndrome when it is taken alone or with other medicines that affect serotonin such as migraine medications, illicit drugs or other dietary supplements. This condition can be life-threatening.





Get emergency help if you have any of the following symptoms of serotonin syndrome:

- Sweating, fever, or flushing
- Confusion
- Feeling agitated or restless
- Seeing or hearing unusual things
- Dizziness
- Fast or racing heartbeat
- Nausea, vomiting, or diarrhea
- Muscle twitching, stiffness, or tremor
- Seizures

When should this medication NOT be used?

Cymbalta™ / Duloxetine may cause drowsiness or dizziness so do not drive until you know how it affects you. It is recommended not to drink alcohol.

It is important to tell your prescriber all the medications you are taking, including blood thinners, painkillers, and any drug for mental health, hypertension, or irregular heartbeat. Also mention if you are taking herbals, St. John's wort, or supplements containing tryptophan.,

Tell your doctor if there is a family history of bipolar disorder and suicide or if you have suicidal thoughts.

What is a typical dose for fibromyalgia?

Starting dose is 30mg each morning and then increased slowly to allow your body to get used to the drug and to decrease side effects. Swallow the capsule whole, do not crush or chew it. This preserves the slow release of the drug over 24 hours.

The usual daily dose is 60 mg once daily. One or two weeks are needed to start to notice an improvement in pain and up to four weeks to feel the full benefit. Only take the prescribed dose of the drug at the same time each day. The dose is dependent on your age, what it is used for and the severity of your symptoms.

If you forget to take a dose, take it as soon as you remember. If close to your next scheduled dose do NOT double your dose.

If stopping duloxetine then do NOT stop suddenly, instead taper it slowly to avoid withdrawal. Discuss this with your prescriber.

People tolerate drugs differently. Always discuss medication with your prescriber and pharmacist to ensure that this medication is the correct medication for you. Considerations include other drugs you may be taking (prescription and over-the-counter), natural supplements and other disease conditions you may have.