

Dry mouth

Dry mouth is a common side effect of many antidepressants.

Coping strategies

- Sip water regularly or suck on ice chips.
- Chew sugarless gum or suck on sugarless hard candy.
- Avoid caffeine because it can make your mouth drier.
- Breathe through your nose, not your mouth.
- Brush your teeth twice a day, floss daily and see your dentist regularly. Having a dry mouth can increase your risk of getting cavities.
- Talk to your healthcare provider about using a moisturizing mouth spray or another product that might stimulate saliva production.

Blurred vision

Blurred vision is a common side effect, but it usually goes away on its own within a couple of weeks of starting an antidepressant. With certain antidepressants, such as older (tricyclic) antidepressants, it may be an ongoing issue.

Coping strategies

- Talk to your healthcare provider about using special eyedrops to relieve dryness.
- Talk to your provider about changing your antidepressant or lowering your dose.
- Get an eye exam to see whether blurred vision caused by an antidepressant may be worsened by an underlying eye problem.

Constipation

Constipation is often associated with tricyclic (older) antidepressants because they disrupt normal functioning of the digestive tract and other organ systems. Other antidepressants sometimes cause constipation, as well.

Coping strategies

- Drink plenty of water.
- Eat high-fiber foods, such as fresh fruits and vegetables, brans, and whole grains.
- Get regular exercise.
- Take a fiber supplement (Citrucel, Konsyl, Metamucil, others).
- Consider taking stool softeners if other measures don't work.