

Information Sheet for Patients using **Amitriptyline**

What is Amitriptyline?

Amitriptyline has been used in medical practice for over thirty years. It was initially introduced as an antidepressant in a dose range between 150 mg and 200 mg but is also very effective as a pain preventive medication at lower doses.

What are its side effects?

Although a number of side effects are listed for the medication, these are rare. Most people can take the medication without any problems, but the two main side effects are drowsiness and dry mouth. These side effects usually wear off with time, but if you are driving or operating machinery you should be aware of the possibility of some sedation.

How should I take it?

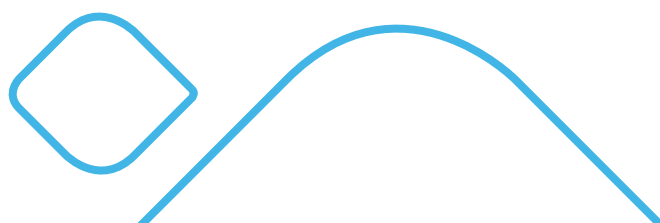
Amitriptyline should be taken in the evening starting with a dose of 10 mg. If taken too late in the evening you may feel tired the next day: take it twelve hours before you need to get up. The dose should then be increased by an extra 10 mg every fifth night up to 1mg x your body weight in kg (usually about 70 mg). Amitriptyline is also available in 25 mg and 50 mg tablets.

What do I do if I get side effects?

Side effects usually reduce with time but if they are troublesome, you should reduce back to the dose level where there were no side effects for two weeks before attempting to raise the dose again. If you get side effects with the 10 mg dose, you can start with half or a quarter of a tablet before building up slowly. (You can buy a useful tablet cutter from your pharmacist for approximately £1.)

How long do I need to be on the tablets for?

Your tablets may not start working for at least two months and you should persevere for this length of time. If there is a benefit, then they should be taken for at least six months after which time you may like to discuss with your doctor whether you can have a trial off treatment.



Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656 or ruh-tr.psct@nhs.net