

**Your medicine is called duloxetine (capsules)**

**It is to help:**



Your low mood

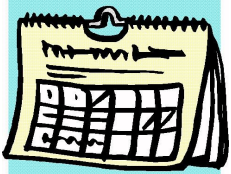


Pain

**How to take it:**



Take each capsule with half a glass of water



Take every day – do not miss any doses

**You may also: (tell your carer if any of these worry you)**



Feel dizzy



Get constipated  
(being bunged up)  
Tell a carer if you  
haven't done a  
poo for 2 days



Feel sick or be sick



Get a dry mouth  
(you will need regular  
checks from your  
dentist)



Not get to sleep easily  
(insomnia)



Have sex problems

**Always let a carer know straight away if you:**



Feel you want to harm yourself



Stop passing urine, feel tired, get muscle cramps



Feel sweaty, shaky, twitch or shiver

**If you would like to know more:**



Ask your nurse, pharmacist or doctor.  
Or ask one of your carers to find out more for you.

This is a summary of the information below.

You must also see the maker's Patient Information Leaflet (PIL) for full information.

Please also see PILs, BILLS and QuILLS on our Choice and Medication website.

**Some more information on duloxetine capsules**

**Duloxetine**, which is also called Cymbalta, is mainly used to help treat the symptoms of low mood and anxiety. It can also help pain, and in women who have problems holding their urine in during activities. This is called stress incontinence. For depression, the symptoms should start to improve in a couple of weeks. The effect will carry on building after that. You may want to take it for much longer, maybe several years, to help stop the symptoms coming back. Ask your health professional for advice about this.

**How to take it:** Swallow your dose with or just after food. Do not stop taking it suddenly. You should come off it slowly.

**Possible side effects include:** A dry mouth, feeling sick or dizzy, dry mouth, constipation, not sleeping well and sexual problems.

**Rare but important side effects:** Contact your prescriber if you get 'flu-like symptoms if you change dose, or if you start to feel like harming yourself, especially if you are under 25, or if you get unexpected tiredness, confusion or can't concentrate, muscle cramps, sweating, fever, a fast heart beat, twitching or shivering.

**Warnings and Cautions:** If it makes you feel sleepy do not drive or operate machinery. Alcohol can make this worse. Make sure your prescriber knows if you have a condition that makes you bleed more or if you take anticoagulant medicines.

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With many thanks to Danielle Adams, Pharmacy & Medicines Optimisation Team, Hertfordshire Partnership University NHS Foundation Trust, for help and advice

**The small print:** This short leaflet is to help you understand about duloxetine. You must also read the manufacturer's Patient Information Leaflet (PIL). Go to our website for fuller answers to many questions.

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