



Nausea

Nausea typically begins within a week of starting an antidepressant. It may go away after a few weeks when your body adjusts to the medication.

Coping strategies

- Take your antidepressant with food, unless otherwise directed.
- Eat smaller, more frequent meals.
- Suck on sugarless hard candy.
- Drink plenty of fluids, such as cool water or ginger ale that's lost its carbonation.
- Try an antacid or bismuth subsalicylate (Pepto-Bismol, others).
- Talk to your healthcare provider about a dosage change or a slow-release form of the medication.