Prescribed Amitriptyline or Nortriptyline? A few things to know...

MOFFAT
MEDICAL PRACTICE

What are Amitriptyline and Nortriptyline?

Amitriptyline and Nortriptyline are part of a family of medicines called tricyclic antidepressants. They are mostly used to ease nerve pain, and sometimes other types of chronic pain.

Some common side effects include:

- Dizziness
- Drowsiness or tiredness
- Confusion
- Difficulty concentrating

Some of these side effects can increase your risk of falls. Research also shows that taking these medications can worsen your thinking and memory.

For a full list of side effects please see the leaflet inside your medicine packet.

Why is this important?

Amitriptyline and Nortriptyline can be very effective pain medications for some people. However, we want to make sure that you are only taking medications that are helping you, where the benefits outweigh the potential risks from side effects.

Managing drowsiness

It is recommended to take Amitriptyline and Nortriptyline before bed, because they can make you drowsy. If you find that you wake up in the morning still feeling drowsy, you may want to take these medications a bit earlier: just before or after dinner, for example. Please get in touch with Moffat surgery if you have any concerns.

Please get in touch with Moffat surgery if you are taking Amitriptyline or Nortriptyline and:

- You are experiencing or worried about some of these side effects
- You're not quite sure why you're taking it
- You have dementia
- You are worried about your thinking or memory
- You have had a fall in the past year and have not seen a doctor since

Caution: Don't abruptly stop taking Amitriptyline or Nortriptyline by yourself if you take more than 10mg a day, as this can lead to withdrawal side effects. Get in touch with the surgery and we can make an appointment to discuss a plan to stop or reduce it gradually.

How to get in touch with Moffat surgery about Amitriptyline:

- Call Moffat surgery reception on 01683 220062.
- Ask for an appointment regarding your Amitriptyline or Nortriptyline following receipt of a letter or text message.
- They will take your name, and you will receive a call back to arrange this.