Medication is one part of the treatment to lower your anxiety. It is important to take your medication every day.

As your body adjusts to the new medication, you may feel too sleepy, have trouble sleeping, or have an upset stomach. These side effects should go away in a few days. Around 1-2% of people who take this medication may feel worse (more irritable, agitated).

Most people feel much better after a few weeks on medication, and should see a big difference after 4-6 weeks. If you have any concerns, call our office and we will talk about what to do.