



## *Duloxetine*

### **What is it?**

Your pelvic pain doctor has prescribed Duloxetine to help relieve your pain. It is particularly helpful in treating pain caused by nerve irritation or damage.

It is different from other painkillers as it will not work immediately, it may take up to 2 weeks before the effect builds up and several weeks before you feel the full benefit.

### **How is it taken?**

Duloxetine should be taken as advised by your doctor.

The starting dose is 30mg daily (1 capsule). After 2 weeks increase the dose to 60mg (2 capsules) if side effects allow.

The capsules should be taken at the same time every day. You can take them before, during or after food.

### **What are the common side effects?**

Side effects can include sleepiness, dizziness and nausea in the first 2 weeks.

### **What if I forget to take a dose?**

Take it as soon as you remember. If you do not remember until the following day you should skip that dose. DO NOT take 2 doses together to make up for a missed dose.

### **How long should I take it for?**

You should take Duloxetine for as long as you need it. Do not stop taking it until you have spoken to your doctor/nurse.

### **Can I take other medicines?**

You should check with your doctor or pharmacist before starting any new medicine, including those bought from the chemist, or herbal remedies.