

Helping Your Child Cope With THE SIDE EFFECTS OF PROZAC



Nausea

- Give the medicine with food unless directed otherwise.
- Opt for smaller and more frequent meals.



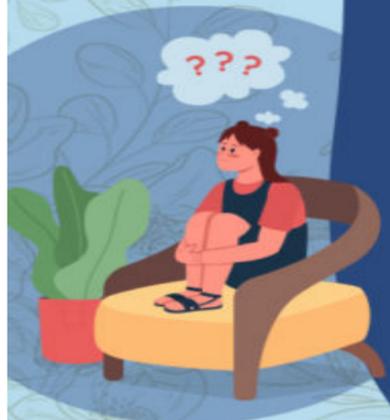
Sleep Disturbances

- Give Prozac in the morning if the doctor permits.
- Avoid giving your child energy drinks or caffeinated beverages later in the day.
- Let them have regular physical exercise.



Dry Mouth

- Make sure your child sips water regularly or sucks on ice chips.
- They can chew gum or suck on candy. They should be sugar-free.
- Take care of their oral hygiene, as dry mouth may increase the risk of dental caries.



Anxiety

- Have your child practice yoga, meditation, and deep breathing.
- Exercises such as walking, jogging, or aerobics may help.

Reference

- Antidepressants: Get tips to cope with side effects; Middlesex Health