



## A Treatment Diary for



A personal place to track your treatment experience and learn more about resources available for EFFEXOR XR. Sharing this diary at your next doctor visit may allow for a more productive conversation.

EFFEXOR XR is available by prescription only in different dosage strengths (37.5 mg, 75 mg, and 150 mg).

### Selected Safety Information

#### Suicidality and Antidepressant Drugs

Antidepressants increased the risk of suicidal thinking and behavior (suicidality) in children, teens, and young adults compared to placebo. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. Effexor XR is not approved for use in children and teens.

#### Do not take EFFEXOR XR if you:

- Are allergic to Effexor XR or any of the ingredients in Effexor XR
- Have uncontrolled angle-closure glaucoma
- Currently take, or have taken within the last 14 days, any medicine known as an MAOI such as linezolid or methylene blue. Do not take an MAOI within 7 days of stopping Effexor XR. Ask your doctor or pharmacist if you are not sure if your medicine is an MAOI

All patients taking antidepressants should be watched closely for signs that their condition is getting worse or that they are becoming suicidal, especially when they first start therapy, or when their dose is increased or decreased. Patients should also be watched for becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Such symptoms should be reported to the patient's doctor right away.

Before taking Effexor XR, tell your doctor and pharmacist about all prescription and over-the-counter medications and supplements you take or plan to take, including those to treat migraines or psychiatric disorders (including other antidepressants or amphetamines) to avoid a potentially life-threatening condition called serotonin syndrome.

Effexor XR may raise blood pressure in some patients. Your blood pressure should be controlled before starting treatment and should be monitored regularly.

**Please see Important Safety Information and Indications on page 5 and accompanying Full Prescribing Information, including BOXED WARNING and Medication Guide.**

## Your Personal Experience With EFFEXOR XR

This diary is a place to keep track of your experience while taking EFFEXOR XR. The information you record will help you see how you are doing with your treatment plan over time. Use it to write down your thoughts, any side effects you might be experiencing, or any questions you may have for your doctor.

Remember, it's important that you take your medication as directed. Do not stop taking your medication without speaking to your doctor first.

**MONTH** \_\_\_\_\_

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### Selected Safety Information (continued)

Taking Effexor XR with aspirin, nonsteroidal anti-inflammatory drugs, warfarin, or other blood thinners may increase the risk of bleeding events.

Some people are at risk for visual problems such as eye pain, changes in vision, or swelling or redness around the eye. You may want to undergo an eye examination to see if you are at risk and get preventative treatment if you are.

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**Selected Safety Information (continued)**

When people suddenly stop using or quickly lower their daily dose of Effexor XR, serious discontinuation symptoms may occur. Talk to your doctor before discontinuing or reducing your dose of Effexor XR.

Pregnant or nursing women shouldn't take any antidepressant without consulting their doctor.

Until you see how Effexor XR affects you, be careful doing such activities as driving a car or operating machinery. Avoid drinking alcohol while taking Effexor XR.

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**Learn more about your therapy and take an active role in your treatment.**

Visit [EffexorXR.com/resources](http://EffexorXR.com/resources) to find other tools, like a Doctor Discussion Guide, that may help you.

**Selected Safety Information (continued)**

In clinical studies, the most common side effects with Effexor XR (reported in at least 5% of patients and at least twice as often as with placebo) were constipation, dizziness, dry mouth, insomnia, loss of appetite, nausea, nervousness, sexual side effects, sleepiness, sweating, and weakness.

**Please see Important Safety Information and Indications on page 5 and accompanying Full Prescribing Information, including BOXED WARNING and Medication Guide.**

## Important Safety Information and Indications

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### Indications

Effexor XR extended-release capsules are a prescription medicine indicated for the treatment, in adults, of Major Depressive Disorder (MDD), Generalized Anxiety Disorder (GAD), Social Anxiety Disorder (SAD), and Panic Disorder (PD) with or without agoraphobia.

## IF ELIGIBLE, START SAVING ON YOUR MEDICATION\*:

- If you do not already have an EFFEXOR XR Savings Card, request one by visiting [www.EffexorXR.com](http://www.EffexorXR.com) or calling 1-855-488-0749
- Take your brand-name EFFEXOR XR prescription and EFFEXOR XR Savings Card to any participating pharmacy
- Eligible patients can continue to save on brand-name EFFEXOR XR through December 31, 2021



\*Eligibility required. Terms and conditions apply. Full terms and conditions can be found at [EFFEXORXR.com/savings-terms](http://EFFEXORXR.com/savings-terms). **This Savings Offer will be accepted only at participating pharmacies. This Savings Offer is not health insurance.** No membership fees. Maximum savings of \$1,800 per calendar year. This Savings Offer is not valid for prescriptions that are eligible to be reimbursed, in whole or in part, by Medicaid, Medicare, or other federal or state healthcare programs. This Savings Offer is not valid for prescriptions that are eligible to be reimbursed in whole by private insurance plans or other health or pharmacy benefit programs. Pfizer reserves the right to revoke, rescind, or amend this offer without notice. For help with the EFFEXOR XR Savings Offer, call 1-855-488-0749, visit [EFFEXORXR.com](http://EFFEXORXR.com), or write: Pfizer Inc., 235 E 42nd Street, New York, NY 10017.

## In need of prescription assistance?

**Pfizer RxPathways**® connects eligible patients to assistance programs that offer insurance support, co-pay assistance, and medicines for free or at a savings.

*Terms and conditions apply.*

Learn more by visiting  
[www.PfizerRxPathways.com](http://www.PfizerRxPathways.com) or  
calling 1-844-989-PATH (7284)



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