FAIRVIEW PHARMACY — EST. 1978

Taking trazodone safely

trazodone · treats major depression · after a meal or snack

3 MISTAKES TO AVOID

1 Taking it the wrong way
Take it shortly after a meal or snack. Swallow whole, or break along the score line.

2 Taking it with the wrong medicine
Never with an MAO inhibitor. Some medicines need a lower trazodone dose.

3 Missing the warning signs
An erection lasting more than 4 hours is a true emergency.

How to take it

- **Take it shortly after a meal or light snack,** every time.
- Swallow the tablet whole, or break it in half along the score line. Never chew or crush it.
- Feeling drowsy? Tell your doctor; your dose or timing may need to change.
- Your prescriber usually starts at a lower dose and raises it slowly.

Medicines that cannot mix (mistake #2)

- **MAO inhibitors:** never combine, and wait **14 days** either way before switching. This includes linezolid and IV methylene blue.
- Strong medicines like ketoconazole, clarithromycin, and indinavir can raise trazodone levels, so your dose may need to be lower.
- Tell us about every antidepressant, triptan, and sleep medicine you take.

Good to know

- Don't drink alcohol or drive until you know how it affects you.

IMPORTANT
Trazodone carries a boxed warning: in children, teens and young adults, antidepressants can raise the risk of suicidal thoughts and actions. Trazodone is not approved for use in children.

Call your doctor right away if you notice

- New or worse depression, anxiety, agitation, or thoughts of suicide, especially in the first few months or after a dose change.
- Dizziness or fainting when you stand up (low blood pressure).
- An irregular or fast heartbeat.
- Increased bruising or bleeding, especially with aspirin, NSAIDs, or blood thinners.
- Headache, confusion, weakness, or unsteadiness (possible low sodium), especially in older adults.

EMERGENCY: CALL 911
An erection lasting more than 4 hours, painful or not.

Thoughts of suicide? Call or text **988** (Suicide & Crisis Lifeline), any time.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information and Medication Guide for trazodone hydrochloride tablets (Zydus, rev. 7/2025).

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