**Beware of SEROTONIN SYNDROME**

**def:** Rare but serious drug reaction due to too much of the chemical serotonin in your brain

### Know your drugs
- **Antidepressants**: MAOIs are the highest risk serotonin medicines
- **Cough and cold**: Cough & cold medicines with dextromethorphan or "DM"
- **Street drugs**: E.g., ecstasy (MDMA), amphetamine, cocaine
- **Opioids and Pain Meds**: E.g., tramadol, demerol, methadone, fentanyl
- **Natural drugs**: E.g., St. John’s wort, tryptophan, diet pills
- **Parkinson’s disease**: E.g., selegiline, rasagiline

### When to watch
Symptoms start within hours to 1 day of:
- Upping a dose
- Starting a new medicine
- Taking a street drug

### What to watch for
Serotonin syndrome can look like other things – ask your doctor

<table>
<thead>
<tr>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
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</thead>
<tbody>
<tr>
<td>Feeling nervous, difficulty sleeping</td>
<td>Side-to-side eye movements</td>
<td>Fever &gt;38.5°C/101.3°F</td>
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<tr>
<td>Shaking hands or feet</td>
<td>Feeling restless, irritated</td>
<td>Confusion</td>
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<tr>
<td>Nausea, diarrhea</td>
<td>Muscle jerks</td>
<td>Coma</td>
</tr>
<tr>
<td>Big pupils</td>
<td>Sweating</td>
<td>Death</td>
</tr>
</tbody>
</table>

### What to do
Do you have mild symptoms? What about moderate or severe symptoms?

- **Mild**
  - Call your doctor or pharmacist

- **Moderate**
  - Go to the emergency room

- **Severe**
  - Call 911

### Prevent it
If on a serotonin drug, ask your prescriber AND pharmacist before:

- Starting a new medicine
- Increasing the dose
- Taking street drugs
- Taking natural medicines
- Switching to a similar medicine
- Taking cough and cold medicines

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Gardner DM. Serotonin Syndrome.

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