Beware of **Sero**tonin Syndrome

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

**Know your drugs**
Ask your pharmacist about medicines that increase serotonin

- **Antidepressants**
  - MAOIs are the highest risk serotonin medicines
- **Opioids and Pain Meds**
  - E.g., tramadol, demerol, methadone, fentanyl
- **Cough and cold**
  - Cough & cold medicines with dextromethorphan or “DM”
- **Natural drugs**
  - E.g., St. John’s wort, tryptophan, diet pills
- **Street drugs**
  - E.g., ecstasy (MDMA), amphetamine, cocaine
  - 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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<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>
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<tr>
<td>Big pupils</td>
<td>Sweating</td>
<td>Death</td>
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</tbody>
</table>

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

- Call your doctor or pharmacist
- Go to the emergency room
- 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 medicine