

+ 1 x 20mg tablet
SMS liquid

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
37	5ml	5ml	5ml	5ml	5ml	4ml	5ml	5ml	5ml	4ml	5ml	5ml	4ml	5ml
39	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	4ml	5ml
41	5ml	4ml	4ml	5ml	4ml	4ml	4ml	5ml	4ml	4ml	4ml	4ml	4ml	4ml
43	4ml	4ml	4ml	4ml	4ml	4ml	4ml	4ml	4ml	3ml	4ml	4ml	4ml	4ml
45	4ml	3ml	4ml	4ml	3ml	4ml	4ml	3ml	4ml	3ml	4ml	4ml	3ml	4ml
47	3ml	4ml	3ml	4ml	3ml	3ml	4ml	4ml	3ml	3ml	4ml	3ml	3ml	3ml
49	3ml	3ml	4ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml
51	3ml	3ml	2ml	3ml	3ml	3ml	3ml	3ml	2ml	3ml	3ml	2ml	3ml	3ml
53	3ml	2ml	3ml	2ml	3ml	2ml	3ml	3ml	2ml	2ml	3ml	2ml	2ml	3ml
55	3ml	2ml	2ml	3ml	2ml	2ml	2ml	3ml	2ml	2ml	2ml	2ml	2ml	2ml
57	2ml	2ml	2ml	2ml	2ml	2ml	2ml	2ml	2ml	1ml	2ml	2ml	2ml	2ml
59	2ml	1ml	2ml	2ml	1ml	2ml	2ml	2ml	1ml	2ml	1ml	2ml	1ml	2ml
61	2ml	1ml	1ml	2ml	2ml	1ml	1ml	2ml	1ml	1ml	1ml	1ml	1ml	2ml
63	1ml	1ml	1ml	1ml	2ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml
65	1ml	1ml	Nil	1ml	1ml	1ml	1ml	1ml	Nil	1ml	1ml	Nil	1ml	1ml
67	1ml	Nil	1ml	Nil	1ml	Nil	1ml	1ml	Nil	1ml	Nil	Nil	1ml	Nil
69	1ml	Nil	Nil	1ml	Nil	Nil	Nil	1ml	Nil	Nil	Nil	Nil	Nil	Nil
71	Nil	Nil	Nil	Nil	Nil	Nil	Nil							

The above is a withdrawal protocol for tapering from 20mg of Seroxat.

It is important that you **TELL** your doctor that you need to be prescribed the Seroxat liquid.

DEMAND the liquid from your doctor, he/she is not the one trying to withdraw – **YOU ARE. Don't take no for an answer.**

Some useful tips:

Electric zaps in head

Find a bath towel and run it under cold water. Wring towel out and wrap around your head [Turban style]

Run cold water over your wrists [where your pulse can be found]

Drink plenty of water [up to 8 pints a day]

Apply ice pack to the back of your neck.

Go for brisk walks, keep the same pace if you can.

Intolerance to sudden loud noises

Tell family members of your trouble dealing with sudden loud noises.

If you can, find peace and quiet, stay out of places that are noisy. If you work in a noisy environment use ear plugs, alternatively, take time off work or ask your manager to be moved to a quieter area.

Anger

Feelings of anger are normal when tapering. Many doctor's recognise it as 'anxiety', it's basically your brain trying to readjust to the tapering. Quite why this happens is unknown, one theory is that your brain is missing it's daily dose and the side effects mentioned throughout this document is merely your brain's way of telling you to 'feed it'. Don't be fooled – the feelings of anger are **NOT** the real you.

Sadness/bouts of crying

Again, your brain is readjusting. You have, for the period you have been taking Seroxat, been suppressing your emotions, numbing yourself from feeling anything. Because you are now tapering, the suppression of emotions are unlocking and are coming back in one go. You cannot understand why you are crying or feeling sad. Often doctors will say you are depressed. **REMEMBER** – Seroxat withdrawal often mimics depression. If you want to cry then don't be embarrassed to do so. Don't search for the reason why, you'll never find it. It's basically your emotions being unlocked because they have been kept at bay during your time on Seroxat.

Visionary disturbances

Try not to turn your head too quickly. When prescribed Seroxat you was more than likely told that your depression was caused by a chemical imbalance. That is just a theory and has never been proven. Your visionary disturbances are more than likely a result of a chemical imbalance caused by the levels of Seroxat you are reducing by. The minute you first started taking Seroxat, was, in fact, the start of your chemical imbalance.

Profuse sweating

The sweating, although embarrassing, is one of the least worrisome side-effects. Wear loose clothing. You are sweating because you are withdrawing, your flu-like symptoms are down to this withdrawal. Don't worry too much about sweating.

Lack of sex-drive

Again, this is yet another side-effect of Seroxat. In time, your sex drive will return. Men may find it difficult to ejaculate, this can be frustrating for both partners and can lead to stress. It has nothing to do with a penile dysfunction, it is yet another emotion trying to find balance.

Alcohol intake

There have been many reports that people on Seroxat, overtime, become more seasoned drinkers. Alcohol should not be taken with Seroxat. If you do decide to go out then substitute beer for shandy [1 part beer, 3 parts lemonade] or wine for a spritzer [wine with lemonade]

Weight gain

Weight gain on Seroxat is quite common, it's easy to gain weight, much harder to lose it. You will find that a combination of your profuse sweating and reduction in alcohol combined with brisk walks will soon have you losing weight.

Suicidal thoughts/Self-harming

Although the manufacturers of Seroxat have admitted that Seroxat can induce suicidal thoughts in some people, they have never conceded this one simple fact in United States courts. They have defended litigation against them regarding suicide. Your thoughts of suicide is, once again, your brain readjusting, trying to figure out what a normal balance of emotions is. If, at any point, you feel suicidal you must immediately call upon help, be it in the form of a family member or close friend. An act of suicide is often random, you are in a bubble and nothing else matters. Try to step out of that bubble.

Withdrawal from Seroxat may give you “no fear” so suicide does not scare you, neither does self-harming. Because your brain is releasing the overflow of serotonin it is acting in ways that are not normal, it's trying to find the correct balance - the original balance, and to do so it will be causing some irrational thoughts, suicide and self-harming are such thoughts. The 'no fear' is again your brain trying to readjust to its normal balance, the balance you had before you started taking Seroxat.

Seroxat and pregnancy

When weighing up your decisions to take Seroxat during pregnancy please bear in mind that it is regarded as a **Category D** drug in the United States. In the United Kingdom the MHRA [the body that regulates medicines] have not acknowledged that Seroxat is a Category D drug neither have they acknowledged that Seroxat is a teratogen.

Category D = **Positive evidence of Risk** -*Studies in humans, or investigational or post marketing data, have demonstrated fetal risk. Nevertheless, potential benefits from the use of the drug may outweigh the potential risk. For example, the drug may be acceptable if needed in a life threatening situation or serious disease for which safer drugs cannot be used or are ineffective.*

In essence, it's best to ask yourself if you feel your depression is life-threatening or you feel your depression is a serious disease.

Seroxat has been shown to be a more powerful teratogen* than cocaine.

*A teratogen is a substance that causes malformations in a fetus, an example being the thalidomide drug.

Ask yourself if you would take cocaine during your pregnancy.

Cold Turkey = stopping a drug abruptly without a gradual tapering process.

Under no circumstances use the cold turkey method. This can cause all of the above withdrawal reactions to become 10-fold. Your 'electric' zaps may be worse in severity as will the other reactions described.

The tips and other information are based on my own experience tapering from Seroxat and my research on it over the past 6 years. I am not a doctor nor do I have any medical experience, the above is a guide only, it is a guide that you will not see elsewhere.

I have wrote this for two reasons.

1. To offer you an informed choice
2. To offer information that drug companies, medicine regulators and doctor's don't have because they have never researched withdrawal reactions in humans who have been taking Seroxat over a long period.

Aftercare

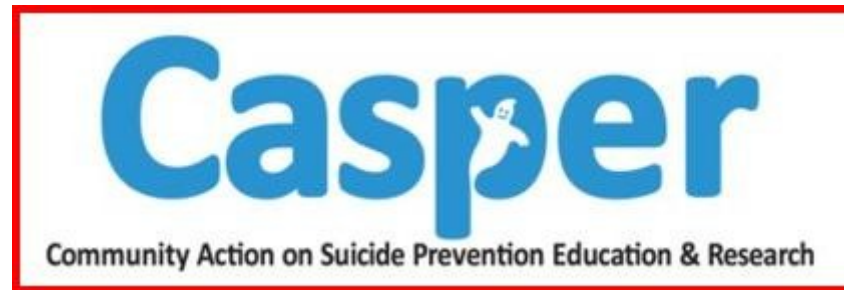
Once you have successfully weaned off Seroxat you may find that you have been left with long term side-effects. These side-effects are not recognised by the majority of healthcare professionals, neither are they recognised by the welfare system. The manufacturer of Seroxat, GlaxoSmithKline, deny their drug causes these long term adverse reactions.

Tardive dysthymia [SSRIs & Withdrawal/Dependence Briefing Paper: 20-06-2003 David Healy]

Persistent sexual dysfunction [The Open Psychology Journal, 2008, 1, 42-50]

Others include, **Insomnia, memory loss, long-term akathisia , noise intolerance, permanent tardive dyskinesia , absent mindedness.**

The following was contributed by [Casper](#):



Some changes in moods and behaviours are pre-cursors to suicide. These include low mood, feelings of anxiety or panic and most notably agitation and restlessness which is known as akathisia. Akathisia may manifest as an inability to stay still - a need to pace or move around, restless leg syndrome or the need to move one part of the body repeatedly. It may also manifest as an 'inner restlessness', a feeling of being uncomfortable in your skin or of being tortured from within. Akathisia is a strong warning sign for suicide. anger, aggression, self harm and sleeplessness can also be warning signs for suicide.

At the point you experience these reactions you may be clear that you have no desire to end your life. SSRI withdrawal however can cause sudden onset psychosis involving delusions and hallucinations, impulsivity and risk taking behaviours. Suicide during withdrawal is often sudden and impulsive and your best protection is to recognise early warning signs and ensure that when early they are present you are not alone.

Family and friends are often better placed to observe these early warning signs than you yourself may be. Make sure people you trust are aware of the warning signs and ask them to monitor them. A plan for engaging in soothing activities, ensuring you are not alone and avoidance of potentially stressful or distressing events during withdrawal can reduce your suicide risk. Some people find it helpful to create a soothing-box. A soothing box is a collection of items that provoke calming and positive feelings and usually contains items that appeal to all five senses. Photos or images of people and places you love, an ipod with your favourite music or a mediation CD, scented candles or fragrances that evoke happy memories, favourite foods and soft blankets or comfortable items of clothing are the types of things people often put in soothing boxes. Anything that calms you, reminds you that you are loved and valued, makes you feel safe, warm and comfortable and reminds you how good life can be can help in times of stress or discomfort associated with Seroxat withdrawal. Others develop protocols for recognising and responding to suicide risk. You may decide that if you find yourself pacing or unable to sit still, ruminating on mistakes you have made or wrongs done to you by others or being unable to sleep are triggers for calling a friend and meeting for coffee, taking the dog for a walk, going to the gym or doing other activities that that you enjoy and which ensure you are not at home alone.

In planning your withdrawal you are making a commitment to a better future. You want to live, not die, and believe yourself incapable of suicide. Most people who kill themselves also believed they could never do so. Over the time you have been taking Seroxat, your brain has adjusted to artificial increases in brain chemicals by reducing its own natural production of those chemicals. Withdrawal requires your brain to re-adjust to changes in levels of brain chemicals which regulate moods and behaviour and levels of aggression. It may result in moods and behaviours which are foreign to you and which are characterised by rapid onset. Studies of people who have been revived after serious suicide attempts show that rather than being something planned in advance, the decision to suicide often occurs only 30 minutes before the act. Your belief that you would never kill yourself, would never expose those you love to the pain of your death and have much to look forward to in your life may be insufficient to protect yourself against the effects of the chemical imbalance caused by drug withdrawal. Developing a plan to protect yourself from suicidal acts and self harm can ensure that you do not fall victim to well documented physiological processes that can cause sudden suicidal impulses and rob you and your family of the happy, drug free future you have planned following your withdrawal from Seroxat.

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