

PE1651/BBB

Jacqueline Tanner submission of 7 January 2018

Hi. I wish to comment on the petition regarding Venlafaxine withdrawal.

I was placed on this drug around 2007 for generalised anxiety and depression. It helped control my symptoms although not completely until the beginning of 2015.

This was when my pharmacist without permission from my doctor took it upon himself to switch me from my named on my prescription brand to a much cheaper generic.

No realising I took this generic for 4 months. I went rapidly downhill. I was anxious, very depressed. I hated going out and wouldn't without support. I had severe anxiety and couldn't even go shopping without bursting into tears in the shop. I was very sleepy and would sleep 11 hours with 2 naps of an hour each. I would plan my day round these naps.

When my mum mentioned she had had her tablets swapped and she felt worse it clicked with me. I went to doctor who switched me back to original. It didn't help any. I went up in dose to 375 plus an anti anxiety med busipirone x 30mg.

All that year I had the most awful side effects, as described above but also flashing lights in my eyes, my eyeballs felt like they bounced and. I had headaches. I avoided leaving home. I couldn't be bothered with anything.

My gp sent me to a psychiatrist who is switching me onto a different med, sertraline. She said this will help with the sleepiness. She told me to come off in 4 weeks and start the other. I decided I would follow the 10%reduction plan instead and have reduced now to 150 in 9 months. I have to get to 75 by April though I doubt I will.

This has been an awful journey and I have wanted to have an accident to get away from it all several times. I could not have worked through all of this but I am lucky to be a stay home mum.

I hope my children one day get thier mum back as I used to be.