

PE1651/BBBBBB

Anonymous submission of 1 February 2018

I was put on Prozac 21 years ago by my g.p. as it was hoped it would help my obsessive compulsive disorder.

My ocd had worsened terribly after the birth of my third baby and at the time Prozac was hailed as a wonder drug.

I was on varying doses of the drug for twenty years, the lowest being 20mg and the highest 60mg.

After 20 years of taking the drug I found it was helping me less and less with the ocd. I was having terrible memory problems, forgetting really important things all the time.

I was always sleepy and could happily take 3 long naps a day. After various tests at the doctors I was told there was nothing wrong with me so I decided to come off my prozac to see if that would help.

I was given the useless advice at the doctors of stopping one 20mg pill, then taking the other pill every other day for a week, then every third day and so on. This made my ocd symptoms really bad so I started weighing out the contents of the pills and cut down the 40 mg over 2 months.

I had a lot of physical withdrawals almost immediately and once they passed I thought I was in the clear. I didn't realise the psychological withdrawals would come later.

It started with anger outbursts - huge rages that were really frightening. Then the anxiety started - a huge crippling fear of everything that stays with me 24 hours a day, 7 days a week.

I have constant intrusive thoughts and frequent panic attacks. My ocd is now much worse than it has ever been in the past.

I found some groups on Facebook which were filled with people going through the same thing as I was and I found out I'd stopped taking the meds too quickly.

A year after stopping I am still having huge problems. The doctors at my local surgery have been unsympathetic and say I can't be having withdrawals after this time. One prescribed me another ssri to help my anxiety, but after taking only one pill I was violently ill for a week. I believe my body is now over-sensitized to ssri's.

I was never warned by doctors that I would have trouble coming off prozac. If I'd known 20 years ago how this drug would affect me when I stopped taking it I would never have touched it in the first place.

It did its job at keeping my ocd at bay for almost 20 years, but during that time it also numbed my emotions - I never felt really happy or really sad. I never cried.

These drugs need better warnings. Patients need to know what they are taking and what problems they could encounter when they stop.