Serotonin Syndrome

Taking some kinds of drugs increases the serotonin in your body. Serotonin is a brain chemical that regulates the nervous system. Drugs that increase the serotonin in your body include:

- **Anti-depressant medications.**
- **St. John's wort.**
- **Recreational drugs**.
- **Migraine medicines.**
- **Some pain medicines.**

Combining these drugs increases the risk you will become ill with a toxic condition called serotonin syndrome.

Symptoms of too much serotonin include:

- Confusion.
- Agitation.
- Weakness.
- Insomnia.
- Fever.
- Sweats.

Other symptoms that may develop include:

- **Shakiness.**
- **Muscle spasms.**
- **Seizures**.

Hospital treatment is often needed until the effects are controlled. Avoiding the combination of medicines listed above is recommended. Check with your doctor if you are concerned about your medicine or the side effects.

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