

PE1651/VVVVVV

Anonymous submission of 12 February 2018

Please see below my experience when withdrawing from 10mg of Citalopram.

In 2016 after 15 years of having medically undiagnosed symptoms which left me Chronically fatigued, often dizzy and just generally feeling ill often I was finally diagnosed with a disorder of the nervous system called Postural Tachycardia Syndrome (PoTS) for 7 years the only treatment I was given was an antidepressant to up my energy levels and probably to treat what doctors thought was actually anxiety because of my dizzy spells. Although I was never diagnosed with depression my GP at the time told me anti depressants often help with energy levels and dizzy spells and weakness.....whilst being referred to a cardiologist to rule out POTS my gp told me "that dose of anti depressants is so low you may as well not take it or up it" so when I got my POTs diagnosis I tapered my dose for week or so and then stopped taking it...although I have always been highly sensitive the only thing which had made me feel genuinely low for long periods was dealing with my hellish fatigue and symptoms and being told I was "FINE". I don't berate that GP as she was the only one who sent me for any further testing in 15 years but I believe she was just following the current guidelines for withdrawal which are not helpful for most people.

After around a month off the meds although I was on a high from my wedding I soon started to feel a little odd, I was having strange dreams and crying in restaurants over small things, I also was seeing very odd scary images in my head....and then I lost a beloved member of my family and was crying daily, feeling like a dark cloud was following me. I just did NOT feel OK and I did NOT feel like Hayley anymore.

My GP said it was nothing to do with withdrawal just grief.

I could see images of the holocaust in my head and just felt like I was in a constant state of fear. I had NEVER experienced anything similar in my life.

I still to this day do not know 100% if I was having a withdrawal or grieving badly, but from talking to other people I believe a lot of what I experienced were withdrawal symptoms. It was VERY hard not to go back on the tablets and I am deeply sorry that I had to feel like that in the first 6 months of my marriage...I only wish my gp had told me to slowly wean off my medication so as not to suffer as I did.

As a trainee psychotherapist who has had 4 years of long term therapy with two different therapists I am sure this was out of character for me and that a lot of my symptoms were due to withdrawing from Citalopram.