



Date	Side effect	Severity 0-10	Time of day	How long it lasted	What helped, if anything

### Don't wait for an appointment for these

- A new rash on lamotrigine (Lamictal), especially with fever or feeling unwell. Call promptly.
- New or worsening thoughts of self-harm, especially in the first weeks or after a dose change. Call your prescriber, or 988 if you're in crisis in the US.
- Fever with confusion, racing heart, heavy sweating, or muscle stiffness or twitching. These can signal serotonin syndrome or other emergencies. Seek urgent care.
- Swelling of the face or throat, or trouble breathing. Call 911.

#### For educational purposes only

This sheet is general education from PsychiatryRx.org, medically reviewed by a board-certified psychiatrist. It isn't medical advice and it doesn't replace your prescriber, your pharmacist, or the FDA label that comes with your medication. Medication decisions depend on your history, your other medications, and where you live, so always follow your prescriber's instructions over anything printed here. Don't start, stop, or change a medication based on this sheet alone. If you're in crisis in the US, call or text 988.