

Citalopram Side Effects Symptom Diary

Purpose: a printable diary for tracking citalopram dose timing, early side effects, sleep, mood, sexual side effects, stomach symptoms, palpitations, and urgent warning signs.

This worksheet is educational. It does not diagnose a condition, replace a prescriber, or tell a reader to start, stop, or change a medicine.

Use it to prepare clearer questions for a doctor, pharmacist, urgent care clinician, or emergency service.

What to write down

Date and time, dose taken, missed doses, reason for use, new medicines or supplements, symptom start time, severity from 1 to 10, and whether the symptom is improving or getting worse.

Bring this page, the medicine bottle, and a complete medication list to the appointment or pharmacy counter.

Checklist

- dose time
- mood changes
- sleep changes
- sexual side effects
- nausea or diarrhea
- palpitations
- missed doses

When to seek help

Call a clinician promptly for symptoms that are new, persistent, severe, or linked to a dose change or another medicine.

Use emergency care for symptoms that feel dangerous, rapidly worsening, or related to self-harm risk, severe allergic reaction, fainting, chest symptoms, severe bleeding, severe diarrhea, or severe neurologic symptoms.