Common

Abdominal pains and cramp Agoraphobia Anxiety **Breathing difficulties Blurred vision** Changes in perception (faces distorting and inanimate objects moving) Depression **Distended abdomen** Dizziness Extreme lethargy Fears Feelings of unreality Flu-like symptoms Heavy limbs Heart palpitations Hypersensitivity to light Indigestion Insomnia Irritability Lack of concentration Lack of co-ordination Loss of balance Loss of memory Muscular aches and pains Nausea Nightmares Panic attacks Rapid mood changes Restlessness Severe headaches Shaking Seeing spots before the eyes Sore eyes Sweating Tightness in the chest Tightness in the head

Less Common

Aching jaw Craving for sweet food Constipation Depersonalization (a feeling of not knowing who you are) Diarrhea Difficulty swallowing Feeling of the ground moving Hallucinations (auditory and visual) Hyperactivity Hypersensitivity to sound Incontinence of urine, or frequency and urgency Increased saliva Loss or changes in appetite Loss of taste or metallic taste Menstrual problems (painful periods, irregular periods, cessation of periods) Morbid thoughts Numbness in any part of the body Outbursts of rage or aggression Paranoia Painful scalp Persistent, unpleasant memories Pins and needles Rapid changes in body temperature Sexual problems (changes in libido) Skin problems (dryness, itchiness, rashes, slow healing) Sore mouth and tongue Speech difficulties Suicidal thoughts Tinnitus (buzzing or ringing in the ears) Unusually sensitive (unable to watch the news on television or read the newspaper) Vaginal discharge Uncharacteristic behavior such as shoplifting Vomiting Weight loss or gain

Rare

Blackouts -an episode where the person has no recall of their activity.(This is rare with low dose use, but less rare when large amounts have been taken) Bleeding from the nose Bleeding between menstrual cycles Burning along the spine Burning sensation around the mouth Discharge from the breasts Falling hair Hemorrhoids Hypersensitivity to touch Rectal bleeding Sinus pain Seizures (fits) Almost unknown if people reduce gradually. More common for people using high doses who stop suddenly. Sensitive or painful teeth Swollen breasts