

General recommendations:

- ❖ See a psychiatrist to treat your mental condition.
- ❖ Be patient about the response to medications.
- ❖ When taking your medications, be aware of any side effects that may occur.
- ❖ Do not discontinue medicines without first discussing it with your doctor.
- ❖ Do not drink alcohol while using medicines.
- ❖ If you feel sedated or confused, do not drive vehicles or machinery that depends on your motor skills.
- ❖ Increase fiber and water in your diet to avoid constipation.
- ❖ Do not take these medicines with apple juice or grapefruit, as it can affect the amount of medicine in your body.
- ❖ To avoid weight gain, remember to maintain a healthy diet and exercise regularly.
- ❖ If you are diabetic, remember to monitor your blood glucose daily.
- ❖ It is important to supplement the use of medications by attending psychotherapy.

For questions or concerns, talk to your doctor.

Educational Links (English):

- ❖ <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/antipsychoticmedication.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/depressionmedication.aspx>
- ❖ <http://www.medicinenet.com/script/main/art.asp?articlekey=26299>
- ❖ <http://patient.info/health/antipsychotic-medicines>
- ❖ <https://www.nimh.nih.gov/health/topics/mental-health-medications/index.shtml>



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Educational Booklet: Antipsychotics

Antipsychotics are medications for the treatment of psychosis, which can occur in diagnoses such as Schizophrenia, Bipolar Disorder and Schizoaffective Disorder, and Major Depression with Psychosis. Antipsychotics may have other uses not described in this booklet.

Symptoms of psychosis can vary among people, some of which include:

- ❖ Hearing sounds or voices, smelling, tasting, or feeling things others can't feel (hallucinations)
- ❖ Feel that you are being persecuted or want to hurt you without any real reason or evidence (delusional ideas - persecution or paranoia)
- ❖ Thinking he has special powers or is famous without really being (delusional ideas of grandiosity)
- ❖ Uncontrolled, self-or other agitation or aggression
- ❖ Lack of logic when talking, thinking, or behaving

Before starting an antipsychotic, tell your doctor if you:

- ❖ Suffers from drug allergies
- ❖ Are pregnant or nursing
- ❖ Use over-the-counter or natural products
- ❖ Have heart problems or have had a recent heart attack
- ❖ You have liver disease
- ❖ Has diabetes
- ❖ Has seizures

Most common antipsychotic name:

- ❖ **Typical Antipsychotics (First Generation):** Haloperidol (Haldol), Fluphenazine (Prolixin), Chlorpromazine (Thorazine), Thioridazine (Mellaril), Trifluoperazine (Stelazine), Perphenazine (Trilafon), Pimozide (Orap), Thiothixene (Navane), Loxapine (Loxitane), Prochlorperazine (Compazine)
- ❖ **Atypical antipsychotics (Second Generation):** Risperidone (Risperdal), Olanzapine (Zyprexa), Quetiapine (Seroquel), Paliperidone (Invega), Ziprasidone (Geodon), Aripiprazole (Abilify), Lurasidone (Latuda), Iliperidone (Fanapt), Asenapine (Saphris), Clozapine (Clozaril), Brexpiprazole (Rexulti), Cariprazine (Vraylar), Pimavanserin (Nuplazid).

When you start taking antipsychotics, the therapeutic effect (decreased symptoms) may not be immediate and may take about 2-8 weeks for delusional hallucinations or ideas to subside or disappear. In the first few weeks you may notice that your sleep pattern may improve and have fewer mood changes. The medicine should be taken as directed by your doctor and should not be discontinued unless your doctor tells you to.

Indications for the use of an antipsychotic:

- ❖ Schizophrenia
- ❖ Schizoaffective Disorder
- ❖ Major Depression with Psychotic Traits
- ❖ Bipolar Disorder
- ❖ Autism
- ❖ Impulse Control Disorder
- ❖ Behavioral Disturbances in Dementia
- ❖ Treatment-resistant severe anxiety

Most common side effects of antipsychotics:

- ❖ Sedation, sleep, or dizziness
- ❖ Uncontrollable muscle movements or stiffness
- ❖ Blurred vision
- ❖ Dry mouth
- ❖ Seizures
- ❖ Constipation/Nausea/Acidity
- ❖ Palpitations
- ❖ Concern
- ❖ Weight gain
- ❖ Tremors or Parkinson's-like symptoms
- ❖ Increased blood glucose
- ❖ Increased cholesterol and/or triglycerides in the blood
- ❖ Problems in white blood cells (Clozaril)
- ❖ Decrease in blood pressure
- ❖ Sexual dysfunction
- ❖ Breast secretions

REMEMBER TO TAKE YOUR MEDICATIONS AS INDICATED BY YOUR MEDICAL WITHOUT MAKING CHANGES IN FREQUENCY OR PRESCRIPTION DOSAGE.

Contraindications to use antipsychotics:

- ❖ If you have had a drug allergy
- ❖ If you have severe liver damage
- ❖ If you have tardive dyskinesia (you may only be able to use Clozaril but there are new treatment modalities for it)
- ❖ Agranulocytosis
- ❖ Recent heart attack

Notify your doctor if:

- ❖ If you develop high fevers
- ❖ If you develop involuntary muscle contractions
- ❖ If you have changes in mood
- ❖ If you feel you can't stand still
- ❖ If you feel palpitations or changes in your heartbeat
- ❖ If you have tremors
- ❖ If you have sexual dysfunction
- ❖ If you are pregnant
- ❖ If you notice increased or swelling of the breast or if you notice discharge from the mammary glands of women or men

Long Duration Injectable Formulations (Decanoates):

- ❖ They are formulations of the antipsychotics that are injected into the patient and the drug is slowly released into the body and maintains therapeutic levels of the drug for a period of 2-4 weeks or up to 3 months. These formulations were created to assist the patient with the fulfillment of the treatment and prevent relapses of his condition.
- ❖ Typical Antipsychotics (First Generation) with Decanoates:
 - ❖ Haloperidol (Haldol Decanoate) every 4 weeks,
 - ❖ Fluphenazine (Prolixin Decanoate) every 2 weeks.
- ❖ Atypical antipsychotics (Second Generation) with Decanoates:
 - ❖ Risperidone (Risperdal Consta) every 2 weeks, Risperidone (Perseris) every 4 weeks, Olanzapine (Zyprexa Relprev) every 4 weeks, Paliperidone (Invega Sustena, Invega Trinza) every 4 weeks and every 3 months respectively, Aripiprazole (Abilify Maintena, Aristada) every 4 weeks.