



## University Health System

### PSYCHIATRIC SERVICES

#### Antipsychotics

#### Typical Neuroleptics

Chlorpromazine (Thorazine®)

Fluphenazine (Prolixin®)

Haloperidol (Haldol®)

Loxapine (Loxitane®)

Molindone (Moban®)

Perphenazine (Trilafon®)

Thioridazine (Mellaril®)

Thiothixene (Navane®)

Trifluoperazine (Stelazine®)

Course of Treatment: \_\_\_\_\_

### PURPOSE AND GENERAL INFORMATION

1. This medication is used to treat a variety of psychiatric problems such as overactivity, preoccupation with troublesome and recurring thoughts, and unpleasant and unusual experiences such as hearing and seeing things not normally heard nor seen. This medication will reduce or stop these experiences and help you remain outside the hospital.
2. This medication cannot "cure" the illness, but it can take away many of the symptoms or make them milder. It is important to take this medication as directed, even when you begin to feel better. It is necessary to continue taking this medication in order to keep feeling well. When taken regularly, this medication usually requires up to six weeks before the full effects are noticed.
3. This medication does not produce euphoria (a high feeling) and is not addictive.

### BENEFITS

1. Reduction or elimination of voices or visions not heard nor seen by others.
2. Reduction or elimination of frightening or strange beliefs and ideas not shared by others.
3. Decreased tension and agitation with more calm, relaxed feelings.
4. Improved concentration and clearer thinking; better control over thoughts and feelings with less hostile, strange, or aggressive thoughts.
5. Reduced fears, confusion, and insomnia.
6. Improved coherence of speech with greater ability to express oneself and to be understood by others.
7. Happier, brighter, and healthier feelings.
8. Increased ability to act more appropriately without wanting to laugh, cry, or smile for no apparent reason.
9. Increased ability to care for oneself, reducing the neglect of appearance and personal hygiene.
10. Prevention or delay of relapses and the need for rehospitalization.

### PROBABLE HEALTH CONSEQUENCES OF NOT TAKING THIS MEDICATION

1. If you elect not to take this medication, it is important for you to understand the potential consequences. The symptoms of psychosis will not get better; in fact, they could worsen.
2. When suffering from the symptoms of psychosis, you may "hear voices" or have strange and untrue ideas. You may get excited

for no apparent reason, or spend a lot of time off by yourself, or in bed, sleeping during the day and staying awake at night. You may neglect your appearance, and may become difficult to communicate with--saying things that make no sense, or barely talking at all.

3. These symptoms may lead to difficulty with your job, or relationships with your family and friends, or day-to-day functioning.
4. Left untreated, psychosis also could lead to thoughts or attempts of harming oneself or others.

## ALTERNATIVE TREATMENTS

1. "Depot" injectable typical antipsychotic medications.
2. Other antipsychotic medications ("atypical neuroleptics") such as clozapine or risperidone.
3. Electroconvulsive therapy.
4. Support groups, as an adjunct to medication, are often helpful in providing support, education, and guidance.

## PROPER USE OF THIS MEDICATION

1. Take with food to lessen stomach upset.
2. Consult with your physician regarding what to do if you miss a dose of scheduled medication.
3. Do not take more of this medicine and do not take it more often than your physician has prescribed.
4. Store medicine away from heat and direct light. Keep out of the reach of children. Do not store in the bathroom medicine cabinet since heat and moisture may cause medicine to break down.
5. Do not keep outdated medicine.

## SIDE EFFECTS

1. Most side effects of antipsychotic medications are mild. Many common side effects disappear after the first few weeks of treatment.
2. **Drowsiness**--this is usually a problem only during the first few days when you start taking the medication. If this is a problem, be very cautious if driving or performing tasks that require alertness or coordination.
3. **Dry mouth**--for temporary relief, use sugarless gum or candy, melt bits of ice in your mouth, or use saliva substitute.
4. **Blurred vision**--this is temporary and usually goes away with continued use of the medication. If it becomes severe, notify your physician.
5. **Dizziness**--may occur when you get up too quickly or change positions rapidly. This can be avoided by rising or changing positions slowly.
6. **Difficulty in passing urine**--if this becomes a problem and continues, notify your physician.
7. **Weight gain**--may occur in some patients while taking this medication. If this is not desired, exercise and dietary restriction may be helpful.
8. **Decreased sexual ability or interest**--if this is especially troublesome, it should be discussed with your doctor, who may prescribe a different medication, change the dosage level or schedule, or prescribe an additional medication to control the side effect.
9. **Movement difficulties**--including **muscle spasms of the neck, eyes, back or other muscles; restlessness and pacing; a general slowing down of movement and speech; and a shuffling walk**. These side effects can be treated with additional medication. If they persist or get worse, contact your physician.
10. **Neurological effects**--patients receiving maintenance treatment medication, continued as a low dosage, may have the possibility of developing long-term side effects, particularly a condition called **tardive dyskinesia**. This condition is characterized by involuntary movements, most often around the mouth, but are sometimes in areas such as trunk, pelvis or diaphragm. For some people, this can be reversed, while others recover partially. Your doctor will monitor your medications very carefully to be certain you are on the lowest effective dose to decrease the risk of this side effect developing.
11. **Neuroleptic Malignancy Syndrome**--a rare but potentially fatal side effect that has occurred with antipsychotic medications symptoms includes very high fever, muscle stiffness and confusion, irregular heartbeat and sweating. If these symptoms occur seek immediate medical attention. Individuals who have had a heatstroke may be at greater risk for this condition.

## PRECAUTIONS

1. Do not drink alcoholic beverages while taking antipsychotics.
2. Do not stop taking this medication before checking with your doctor. Because people respond to medicines in very individual ways, you and your physician may have to go through a trial period to find the right drug and dosage that work best for you.
3. Before taking this medication, tell your physician what prescription and non-prescription medications you are taking (or have taken recently). Do not begin taking prescription or non-prescription medication without consulting your physician.
4. Female patients: notify your doctor if you think you are pregnant, if you want to become pregnant, or if you are breastfeeding while taking this medication.
5. Avoid direct exposure to sunlight while taking this medication, because this medication may cause your skin to be more sensitive to sunlight than it is normally. If you must be out in the sun, wear protective clothing, including a hat, and sunglasses. Apply a sun block product that has a skin protection factor (SPF) of at least 15.
6. This medication will often make you sweat less, causing your body temperature to increase. Use extra care not to become overheated during exercise or hot weather while you are taking this medicine, since overheating may result in heat stroke.
7. Smoking increases the metabolism of this medication leading to unpredictable or diminished drug effects. It is best not to smoke; but if you do smoke, frequent monitoring of the medications clinical effects is necessary.

## PHYSICIAN INFORMATION

If you have questions or concerns regarding this medication, your physician may be reached at one of the following locations:

### **University Hospital**

Psychiatric Unit  
4502 Medical Drive  
San Antonio, TX 78229  
(210) 358-1260

### **University Health Center Downtown**

**Psychiatry Services - West Annex**  
1115 West Martin  
San Antonio, TX 78207  
(210) 358-3730

## PHARMACY INFORMATION

A pharmacist is also available to answer questions about your medication, and your prescription for this medication may be refilled at the following locations:

### **University Hospital Outpatient Pharmacy**

4502 Medical Drive  
San Antonio, TX 78229  
Pharmacist Line: (210) 358-2905  
Refill Line: (210) 358-4186  
Outpatient Pharmacy Hours:  
Monday thru Friday 9:00 a.m. to 8:00 p.m.  
Weekend & Holidays: 9:00 a.m. to 5:00 p.m.

### **University Health Center Downtown Pharmacy**

527 N. Leona St.  
San Antonio, TX 78207  
Pharmacist Line: (210) 358-3466  
Refill Line: (210) 358-3476  
Pharmacy Hours:  
Monday thru Friday: 8:00 a.m. to 8:00 p.m.  
Saturday 8:30 a.m. – 4:00 p.m.  
Sundays and Holidays: Closed

**University Family Health Center, Southeast Pharmacy**

3819 S. Gevers

San Antonio, TX 78223

Pharmacist Line: (210) 358-5534

Refill Line: (210) 358-5535

Pharmacy Hours:

Monday thru Thursday 8:30 a.m.-7:00 p.m.

Fridays: 8:30 a.m.- 5:00 p.m.

Saturdays: 8:00 a.m. – 12:00 p.m.

Sundays and Holidays: Closed

**University Family Health Center, Southwest Pharmacy**

2121 SW 36th St.

San Antonio, TX 78237

Pharmacist Line: (210) 358-5137

Refill Line: (210) 358-5138

Pharmacy Hours:

Monday thru Thursday: 8:30 a.m. – 5:30 p.m.

Fridays: 8:30 a.m. through 5:00 p.m.

Weekends and Holidays: Closed

**FOR ALL REFILLS**

**PLEASE CALL REFILL LINE 24 HOURS IN ADVANCE. ALLOW 1 BUSINESS DAY (M-F) FOR REFILLS.**

PLEASE BE PREPARED TO PROVIDE YOUR NAME, PHONE NUMBER, HEALTH SYSTEM I.D. NUMBER, AND Rx NUMBERS (S).