

IF YOU EXPERIENCE ANY OF THESE SIDE EFFECTS CALL A DOCTOR IMMEDIATELY

- High fever
- Chest pain
- Breathlessness
- Severe pain anywhere in your body
- Confusion
- Severe stiffness
- Intolerable restlessness
- Falls and seizures

USEFUL CONTACTS

Your mental health team:

After hours support:

Access and Assessment Center:

7 days a week 7:30 am to 11:00 pm

Phone: 604-675-3700

Joseph & Rosalie Segal &
Family Health Centre

803 West 12th Avenue
Vancouver, BC V5Z 1M9

HealthLink BC:

Available 24 hours 7 days a
Week at 811 on your telephone.
You can ask to speak with a nurse or
Pharmacist about your concerns.



Vancouver
CoastalHealth

What is Clozapine?



Clozapine helps
improve symptoms of
psychosis such as hearing
voices, delusions, or thought
disorder.

HOW DOES CLOZAPINE WORK?

Clozapine works by restoring the balance of the brain's chemicals.

It helps

- Improve your mood.
- Increase the feeling of calmness.
- Getting a better sleep.
- By having fewer body movements than other antipsychotic medicines.
- Have less harmful thoughts.
- With clearer thinking and increased concentration.

If you do not take Clozapine as prescribed, it will not work as well to treat your symptoms and increases the chances of side effects.

WHAT ELSE DO I NEED TO KNOW?

- Take Clozapine exactly as directed by your doctor.
- If you miss a dose, take it as soon as possible UNLESS it is within 8 hours of your next dose. In that case, skip that missed dose and take your next dose.
- **Do Not Take 2 Doses At The Same Time.** If you miss more than 2 days of Clozapine, tell your doctor and/or pharmacist right away. You will need to restart the Clozapine at a lower dose and slowly increase back to your current dose.
- Other medicines can change how Clozapine works.
- Always check with your doctor or pharmacist before taking any other medicines including prescription, over the counter and herbal medicines.
- Smoking cigarettes can lower the amount of Clozapine in your body. Tell your doctor and/or pharmacist if you smoke, stop smoking, or change how much you smoke.

SIDE EFFECTS

Everyone is different and will experience different side effects, but most of them will clear up with time. Keep a close watch with regular blood work when starting on Clozapine.

If you do not get your blood test, your pharmacy might not give you more Clozapine.

Speak to your doctor and your case manager about all your side effects even if they are likely to wear off with time.

Common side effects include:



Constipation: This is a common side effect. Eat more fiber, drink enough fluids, exercise and consider using prune juice. Ask your doctor and/or pharmacist if having fewer than 3 bowel movements a week.



Blurred vision: Can happen in the first few weeks and should go away over time. Speak to your doctor or pharmacist if you do experience blurred vision.



Dizziness: If you feel dizzy, sit or lie down. Stand up slowly and take caution with rigorous exercise, hot showers or alcohol consumption, as they may worsen dizziness. Speak to your doctor if you are feeling dizzy.



Drooling: Mostly happens at night. Use a small towel on the pillow when sleeping. Talk to your doctor or pharmacist if this continues to be bothersome.



Weight gain: Choose healthy foods and exercise regularly. Drink water instead of sugary beverages. A referral to a dietician can be made if you need help. Consult your doctor for other options.



Dry Mouth: Chew sugarless gum, suck candy, melt ice chips in your mouth, or use of artificial saliva may help.



Drowsiness: You may feel tired when you first start Clozapine but this goes away in time. Some sleep medications or alcohol can make the drowsiness worse. You may want to speak to your doctor about any drowsiness