

# Olanzapine (Zyprexa®, Zydys®)

## ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name \_\_\_\_\_ Date \_\_\_\_\_

Initial Medication Instructions \_\_\_\_\_

### What does this medication help to treat?

Schizophrenia, schizoaffective disorder, bipolar disorder or other conditions.

### Symptoms of these conditions are:

- Hallucinations (hearing voices)
- Delusions (beliefs that are false)
- Fearful feelings
- Paranoia or suspiciousness
- Agitation, aggression, or hostility
- Lack of energy or motivation

- Poor concentration
- Rapid thoughts
- Pacing and restlessness
- Fluctuations in mood
- Insomnia

Olanzapine is sometimes prescribed for other uses; ask your health care professional for more information

### Other information

- This medication can take up to 6 weeks to achieve desired results, but you should begin to see improvement within the first two weeks of treatment.
- It is very important to keep all appointments with your clinic, prescriber, or laboratory.

## Side Effects and Management

### Common (greater than 10 in 100 clients on this medication)

Drowsiness	Use caution when driving or operating machinery. Ask your prescriber about taking your dose at bedtime if drowsiness occurs.
Weight Gain and Increased appetite	Avoid foods high in fat and sugar. Eat balanced meals and maintain an active lifestyle. Individuals may gain 10-15 pounds over 1-2 months.
Dizziness	Arise slowly from chairs. Dangle feet off the side of the bed before getting up.
Headache	You may take aspirin or Tylenol to relieve your headache. The headache side effect of this medication should subside over time. Talk to your prescriber if headaches are severe or persist for more than one day.
Restlessness, Agitation	Talk to your prescriber about possibly adjusting the dose of your olanzapine.

### Uncommon (~1 to 10 in 100 clients on this medication)

Nausea, Vomiting or Upset Stomach	Try taking your olanzapine with food, if vomiting continues, call your prescriber.
Constipation	Drink plenty of water and increase fiber in your diet. Consult your prescriber about other treatments.
Diarrhea	Drink plenty of fluids and call your prescriber.
Increased Blood Sugar	Have your blood sugar checked by your prescriber regularly, especially if you have diabetes or a higher risk of diabetes.
Increased Lipids (Cholesterol and Triglycerides)	Have your lipids checked by your prescriber regularly. Your prescriber may want to check your blood every 3 to 6 months to make sure your cholesterol or triglycerides are not too high.
Increased sensitivity to the sun	Avoid unnecessary or prolonged exposure to sunlight and wear protective clothing, sunglasses, and sunscreen.
Muscle Side Effects, Tremor	You may experience muscle stiffness, spasm, or restlessness. If this should happen, tell your prescriber so that your dose may be adjusted or a medication can be given to counteract these effects.

### Rare (less than 1 in 100 clients on this medication)

Call your prescriber immediately if you experience any of these:

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| <ul style="list-style-type: none"> <li>▪ Fine worm-like tongue movements, unusual face, mouth, or jaw movements</li> <li>▪ Fast or irregular heartbeat (palpitations)</li> <li>▪ Slow or difficult speech</li> <li>▪ Difficulty swallowing or breathing</li> <li>▪ Pancreatitis</li> </ul> | <ul style="list-style-type: none"> <li>▪ Seizures or convulsions</li> <li>▪ Shuffling walk</li> <li>▪ Blurred vision</li> <li>▪ Fever, confusion, extreme muscle stiffness</li> <li>▪ Skin rash or yellowing of the skin or eyes, liver injury</li> <li>▪ Risk of stroke (in elderly individuals)</li> </ul> |
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\*\*References: Clinical Psychopharmacology, LexiComp 2011\*\*

**Note:** This information is not intended to cover all possible uses, precautions, interactions, or adverse effects for this medication. If you have further questions about the medications you are taking, check with your health care professional.