

Perphenazine (Trilafon®)

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:

<input type="checkbox"/> Hallucinations (hearing voices) <input type="checkbox"/> Delusions (beliefs that are false) <input type="checkbox"/> Fearful feelings <input type="checkbox"/> Paranoia or suspiciousness <input type="checkbox"/> Agitation, aggression, or hostility <input type="checkbox"/> Lack of energy or motivation	<input type="checkbox"/> Poor concentration <input type="checkbox"/> Rapid thoughts <input type="checkbox"/> Pacing and restlessness <input type="checkbox"/> Fluctuations in mood <input type="checkbox"/> Insomnia Perphenazine is sometimes prescribed for other uses; ask your health care professional for more information.
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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, and laboratory.
- Inform your prescriber if you have a heart condition as perphenazine may cause ECG changes. Your primary care MD may need to monitor your heart.

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.
Muscle Side Effects, Restlessness, Tremor	You may experience muscle stiffness, spasm, tremor, 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.
Dizziness	Arise slowly from chairs. Dangle feet off the side of the bed before getting up.
Photosensitivity, Blurred vision, Vision changes	Check with your prescriber. Can limit vision changes by wearing dark sunglasses in sunlight. Wear protective clothing and sunscreen in sunlight.
Dry Mouth	Suck on sugarless gum or candy or melt bits of ice in your mouth. Call your prescriber if your mouth feels dry for more than 2 weeks.
Constipation	Drink plenty of water and increase fiber in your diet. Consult your prescriber about other treatments.

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

Upset stomach or vomiting	Try taking fluphenazine with food.
Men: increased breast size or decreased libido	Let your prescriber know if you experience these effects. Your prescriber may need to adjust your dose.
Women: missed menstrual periods or milk production	Let your prescriber know if you experience these effects. Your prescriber may need to adjust your dose.

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

Call your prescriber immediately if you experience any of these:

<ul style="list-style-type: none"> ▪ Fine worm-like tongue movements, unusual face, mouth, or jaw movements ▪ Fast or irregular heartbeat (palpitations) ▪ Slow or difficult speech ▪ Difficulty swallowing or breathing 	<ul style="list-style-type: none"> ▪ Seizures or convulsions ▪ Shuffling walk ▪ Fever, confusion, sweating, extreme muscle stiffness ▪ Skin rash or yellowing of the skin or eyes ▪ Mouth sores, flu-like symptoms (drop in white blood count)
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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