

Quetiapine (Seroquel®)

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: mania or depression, 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

Quetiapine 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, and laboratory.
- Your prescriber will need to monitor your weight, blood pressure, cholesterol level, and sugar level in your blood while on this medication.

Side Effects and Management

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

Drowsiness	Use caution when driving or operating machinery.
Weight Gain	Avoid foods high in fat and sugar. Eat balanced meals and maintain an active lifestyle.
Lightheadedness or Dizziness	Arise slowly from chairs. Dangle feet off the side of the bed before getting up. Talk with your prescriber about possibly lowering your dose of quetiapine.
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.
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)

Nausea, Vomiting, Upset Stomach	Try taking your quetiapine with food, if vomiting continues, call your prescriber.
Increased Blood Sugar	Have your blood sugar checked by your prescriber regularly, especially if you have diabetes or a higher risk for diabetes.
Increased Lipids (Cholesterol and Triglycerides)	Your prescriber may want to check your blood every 3 to 6 months to make sure your cholesterol or triglycerides are not too high.
Men: increased breast size or decreased libido	Let your prescriber know if you experience these effects. Your dose may need to be adjusted.
Women: missed menstrual periods or milk production	Let your prescriber know if you experience these effects. Your dose may need to be adjusted.
Muscle Side Effects, Restlessness	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"> ▪ 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 ▪ Blurred vision ▪ Fever, confusion, sweating, extreme muscle stiffness ▪ Skin rash or yellowing of the skin or eyes ▪ Risk of stroke (in elderly individuals) |
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References: Clinical Psychopharmacology, LexiComp 2011