

**Antipsychotic Monitoring**

Patient Information Leaflet

Antipsychotic medication is used to treat a wide variety of mental health conditions. It is important to monitor your antipsychotic medication closely to help with:

* Preventing side effects. If you experience side effects please discuss with a healthcare professional.
* Checking for your risk of other conditions, including diabetes, heart problems, weight gain or cholesterol.
* Information and support to help you to make healthy lifestyle choices.
* Making sure that the medication and dose are still the best option for managing your mental health condition.

**Which medicines does this include?**

|  |  |  |
| --- | --- | --- |
| **Amisulpride** | **Levomepromazine** | **Prochlorperazine** |
| **Aripiprazole** | **Olanzapine** | **Promazine** |
| **Benperidol** | **Paliperidone** | **Quetiapine** |
| **Chlorpromazine** | **Pericyazine** | **Risperidone** |
| **Flupentixol** | **Perphenazine** | **Sulpiride** |
| **Fluphenazine** | **Pimozide** | **Trifluoperazine** |
| **Haloperidol** | **Pipothiazine** | **Zuclopenthixol** |

**If this is your first time taking antipsychotics, you will need antipsychotic monitoring at the following intervals:**

* Beforestarting the medication
* At 3 months of taking the medication
* At 12 months of taking the medication

**If you have been taking antipsychotics for longer than a year, you will need antipsychotic monitoring every 12 months.**

**Some antipsychotics (for example clozapine or if you are taking a high dose of antipsychotics) have different monitoring requirements.  Your prescriber will discuss these with you before starting treatment and will not be covered in this leaflet**



**Who is responsible for your monitoring?**

|  |  |
| --- | --- |
| **Medication supplied by** | **Monitored by** |
| GP practice | GP practice |
| Outpatient clinic | GP practice or hospital |
| Hospital | Hospital |
| Clozapine clinic | Clozapine clinic |

**You should receive a reminder when your monitoring is due however it would be useful to record this in your calendar.**

|  |  |
| --- | --- |
| What do we monitor? | Why? |
| Weight, Body mass index (BMI) and waist measurement | Eating a healthy diet and being physical active is important as maintaining a healthy weight is good for your physical wellbeing. |
| Smoking status | Stopping smoking is the most important thing you can do to improve your physical health. Smoking can change how some antipsychotics work. It is important to let your GP or mental health specialists know if you smoke or plan to stop smoking. |
| Blood pressure and pulse | To check that your blood pressure is within normal range |
| Blood test: *HBA1c* | This monitors how well your body manages sugar levels |
| Blood test: *Liver, Kidney and Full blood count* | This monitors your general health |
| Blood test: *Cholesterol* | To make sure your cholesterol levels are within range |
| Blood test: *Prolactin**(Only for some antipsychotics)* | This is a hormone that can cause side effects if it gets too high. |
| Heart health | Electrocardiogram (ECG) This is done by attaching stickers to your chest which is connected to a machine which checks your heart rhythm. This is not always needed. |
| Mental health check | To make sure that your antipsychotic medication is still working to keep you well. |

**If any results from your monitoring require specialist follow up, your GP will refer you to the relevant team for further advice.**

**It is important to attend for your monitoring, to help to keep an eye on your health. If you are unsure about anything in relation to your monitoring, speak to your GP or mental health specialist.**

**Do not stop taking your medication without speaking to your doctor first.**

There are other services in Leeds available to help:

 **Mental Health Medicines Information Helpline:** Speak to a pharmacist directly if you have questions about your mental health medication.

 Tel 0113 8555534 Open Monday-Friday 9-5pm.

 **Choice and Medication:** Easy to access online information about mental health medication. [www.choiceandmedication.org/leedsandyorkpft](https://www.choiceandmedication.org/leedsandyorkpft/)

 **Mindwell:** Mental health information for everyone in Leeds. [www.mindwell-leeds.org.uk](https://www.mindwell-leeds.org.uk/)

 **Help to quit smoking:** Service to help you quit smoking. Remember to tell your GP or mental health specialist if you plan to quit smoking.

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 **Help with weight management:** Service to help you manage your weight, eat more healthily and be physically active.

 <https://oneyouleeds.co.uk/manage-your-weight/>