

Olanzapine (o-lan-za-peen)

You should read this leaflet with your carer/caregiver.



Olanzapine

- Is also called Zyprexa or Zyprexa Velotab.
- Come as tablets or an injection.

- Olanzapine is used for psychosis, schizophrenia and mania.
- Olanzapine is sometimes used for people who are distressed. There is no clear evidence that it improves someone's behaviour.

The label on your olanzapine packet should tell you when and how much medicine to take.

Swallow your tablet with water. If you have Zyprexa Velotabs, you should let the tablet melt on your tongue and swallow or mix it in any drink but NOT coke.

If you have the injection, this will be given to you by a nurse or a doctor.

If you forget to take your medicine, tell someone straight away.

You should carry on taking your medicine even if you feel better unless your doctor asks you to stop.



Drinking alcohol when taking olanzapine could make you feel sleepy.

Some medicines do not work well together.

You should tell your doctor about any other medicines you are taking.

Side effects:

- Medicine can have some effects on your body that are not wanted.
- Not everyone taking a medicine will get them.
- Many will go away with time.
- Many are rare.

You might want to talk to your doctor or the pharmacist or your key worker if you have any side effect.

These are some (but NOT all) side effects of olanzapine...



- Feeling sleepy or sluggish and tired
- Feeling restless and agitated
- Get sunburnt easily (take precaution)
- May increase your blood fat (cholesterol) (check blood test)
- Feeling more hungry and putting on weight (check weight)
- Feeling stiff or have shakes in hands and body
- May increase your blood sugar level (check blood test)
- Feeling dizzy when you stand up (check blood pressure)



- You may lose interest in sex
- Constipation or upset tummy
- In women, menstrual periods may change (check blood test)
- Headache
- May lead to diabetes (check blood test)
- May affect your heart function (check ECG)
- Men may develop breasts and, in both men and women, there may be secretion of breast milk (check blood test)
- Swollen ankles

Some side effects are more serious.

You should tell someone straight away if you have...

- High temperature and stiffness (check blood test)
- Shaky movements in face, mouth, arms and legs
- Sweating and loss of senses (check blood test)

You should talk to your doctor before you stop taking your medicine.

Sometimes, if you stop taking your medicine, you may have:

- Stiffness
- Problem with moving
- Distressing behaviour
- Restlessness and anxiety





This leaflet does not tell you everything about olanzapine.

You can get more information from:

- your pharmacist, doctor, nurse or carer/care giver
- check <http://www.choiceandmedication.org/cnw/>
- NHS on 111
- medicine information helpline on 020 3317 5090.

This leaflet can be free of charge downloaded from:

<https://spectrom.wixsite.com/project/>

While preparing this leaflet we checked information in...

- The British National Formulary (www.bnf.org)
- Dulcan, M. K., & Ballard, R. (2015). *Helping parents and teachers understand medications for behavioural and emotional problems: A resource book of medication information handouts*. American Psychiatric Publishing, Washington DC, USA.

This leaflet is not designed for people with intellectual/learning disabilities to read on their own. Support (care) staff or care givers should go through the leaflet with the person who has intellectual disabilities.

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