

# Medication Information

## Anticholinergic Medications

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### Other names for this medication

Benztropine - Cogentin<sup>®</sup>  
Ethopropazine - Parsitan<sup>®</sup>  
Procyclidine - Kemadrin<sup>®</sup>  
Trihexyphenidyl - Artane<sup>®</sup>

### How this medication is used

Some people who take antipsychotic medications experience unwanted effects such as muscle spasms, muscle stiffness, tremor, shuffling walk or restlessness. Anticholinergic medications will help reduce these unwanted effects.

This medication may also be used to treat other conditions. As your doctor or health care provider if you are not sure why you are taking this medication.

When given by injection, this medication can work in 10 to 15 minutes.

When taken as a pill, this medication can start to work within 1 hour although it may take 2 to 3 days before this medication begins to work fully.

If you are pregnant or thinking about getting pregnant, talk to your doctor about the risks and benefits of taking this medication.

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## **How to take this medication**

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## **Storing this medication:**

Store this medication in a closed container at room temperature, away from heat, moisture and direct light. Keep away from children. Never share your medication with anyone.

## **While taking this medication you may notice**

- dry mouth
- blurred vision
- nausea
- heartburn
- constipation
- feeling tired or drowsy

## **While taking this medication you may notice (continued)**

To help dry mouth, try sucking sugar free candy or chewing sugar free gum. Sucking on ice chips also helps. Good care of your teeth is very important at this time.

To avoid constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food with fibre includes whole grain products, vegetables and fruit.

Avoid exposure to extreme heat. This medication may reduce your body's ability to control body temperature, which could result in overheating.

## **Contact your doctor or health care provider if you notice**

- confusion
- trouble urinating
- skin rash or itching
- dry mouth that persists
- blurred vision that persists
- restless or excited feelings
- increase in psychosis
- increased heart rate
- hallucinations

**Contact your pharmacist if you have any questions about your medication.**