

Medication Information Card

Olanzapine (Oh – lan – az – peen)

Other names for this medication

Zyprexa[®]

Zyprexa[®] Zydis

How this medication is used

This medication helps block psychotic thoughts.

This helps:

- decrease anxiety and agitation
- decrease hallucinations
- decrease aggressive behaviour
- decrease social withdrawal
- improve sleep
- improve mood
- improve concentration

This medication may take up to 2 weeks before you get the full effects.

How to take this medication

Take this medication as directed by your doctor. It must be taken regularly, even if you feel well.

Do not stop taking this medication without checking with your doctor first.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for the next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

How to take this medication (continued)

Zydis tablet: This tablet dissolves in your mouth. Make sure your hands are dry. Carefully remove the tablet from the foil just before taking. Place the tablet in your mouth and allow it to dissolve.

Until you know how this medication affects you, do not drive or operate machinery.

This medication does not mix well with alcohol in your body. You may feel more sleepy or dizzy if you drink alcohol with this medication. Avoid drinking alcohol such as wine, beer or liquor while taking this medication.

While taking this medication you may notice

- dizziness
- drowsiness
- feeling tired all the time
- feeling restless or excited
- constipation
- increase in appetite
- weight gain
- dry mouth
- your heart beat is faster than normal
- changes in menstruation
- more sensitive to heat

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

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

Avoid strenuous exercise and exposure to heat for long periods of time because this medication may cause you to sweat less than normal.

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 if you are not on a limited fluid diet. Good care of your teeth is very important at this time.

To avoid weight gain, follow a healthy diet and exercise plan. Talk to your doctor or dietitian for help.

Contact your doctor if you notice

- skin rash
- uncontrolled jerky movements of your face, hands and arms
- muscle stiffness
- trouble staying still
- heart palpitations
- dizziness that persists
- tiredness that persists
- swollen, sore breasts