

# Olanzapine

(oh-lanz-a-peen)

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## Other names for this medication

- Zyprexa<sup>®</sup>
- Zyprexa Zydis<sup>®</sup>

## How is this medication used

This medication will help:

- Improve your mood.
- Decrease worrisome or repetitive thoughts.
- You fall asleep.

This medication may help improve your appetite.

There are other uses for this medication in different groups of patients.

## How to take this medication

You may take olanzapine with or without food.

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.

If you are taking the form of olanzapine that dissolves in your mouth (Olanzapine Zydis):

- Peel back the foil on the blister pack to expose the tablet. Do not push the tablet through the foil.
- Use dry hands to remove the tablet from the blister pack. If you have been prescribed part of a tablet, use gloves and a pill splitter to cut the tablet as directed.
- Place either the full or part tablet as prescribed immediately in your mouth. The tablet will quickly dissolve in your saliva and can be swallowed with or without liquid. **Discard any remaining part of the tablet.**

## While taking this medication you may notice

- Headache
- Feeling more tired than usual
- Constipation
- Dry mouth
- Dizziness
- Increased sensitivity to heat

Your doctor may order blood tests occasionally to check the effects of this medication.



### Precautions to follow while taking this medication

- This medication can make you drowsy. Until you know how this medication affects you, do not drive, operate machinery or do tasks that require you to be alert.
- This medication may cause you to sweat less than normal. Avoid strenuous exercise and lengthy exposure to heat. When you do exercise, drink plenty of water to stay hydrated.
- To avoid feeling dizzy, get up slowly when you have been sitting or lying down.
- To avoid constipation, eat foods high in fibre (fruits, vegetables and whole grains), and drink 6 to 8 glasses of liquid each day.
- To help dry mouth, try sucking sugar-free candy or chewing sugar-free gum.
- Avoid drinking alcohol.
- Always check with your doctor or pharmacist before starting any new medications, including medicine and natural products you buy without a prescription.

## Contact your doctor right away if you notice ANY of the following:

- Uncontrolled, jerky movements of your face, hands or arms
- Muscle stiffness
- Trouble laying still
- Heart palpitations (irregular heart beats)
- Fever
- Rash