

If you are taking any of the following medications...

Aripiprazole (Abilify)
Asenapine (Saphris)
Clozapine (Clozaril)
Iloperidone (Fanapt)
Lurasidone (Latuda)

Olanzapine (Zyprexa, Relprevv)
Quetiapine (Seroquel)
Paliperidone (Invega, Sustenna)
Risperidone (Risperdal, Consta)
Ziprasidone (Geodon)

**Please be sure to see your healthcare provider regularly
as there are benefits and side effects.**

Benefits:

- Manage symptoms well
- Improve quality of life

Potential Side Effects:

- Weight gain
- High cholesterol
- High blood sugar
- Blood pressure change



What do I need to do?

Please work with your health care team to manage the side effects from your medication. Your help is very important.

It's as easy as 1, 2, 3...

1. Get your weight checked at every visit
2. Check your blood pressure at least yearly
3. Do your blood tests for diabetes and cholesterol at least yearly

What other things can I do to stay healthy?

- Monitor your weight at home.
- If you need to lose weight.
 - Even small amounts of weight loss helps.
 - Lower your calorie intake and exercise more.
- If you smoke, use drugs or drink alcohol, consider if you need to stop or cut down.
- Take your prescribed medication for your physical and mental health.
- See your primary care provider to monitor your physical health.

When you have questions, ask your healthcare professional.

Your Personal Health Tracking Log is on the back of this sheet.

Personal Health Tracker (Bring to Every Appointment)

- Mental Health Provider: _____
- Primary Care Provider: _____

Date				
Antipsychotic Medication and Dose				
Weight (Pounds)				
Blood Pressure				
Glucose				
Fasting				
Hgb A1c				
Cholesterol				
Total				
LDL				
HDL				
Triglycerides				



Healthy Food
Tastes
Good



Exercise
Feels
Good

Let's
Get Up
and
Move

Side effects to report to your healthcare provider:

- Muscle pain or stiffness
- Restlessness or uncontrollable movement
- Loss of balance or difficulty walking
- Dizziness or fainting
- Excessive thirst and/or urination
- Changes in sexual functioning



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