Te Whatu Ora
Health New Zealand
Waitaha Canterbury

OLANZAPINE (tablet)

oh-lan-zah-peen

What does it do?

Olanzapine is used to treat and prevent some mental health problems such as schizophrenia and bipolar disorder.

Before you start

- Tell your doctor if you have heart, liver, bowel, bladder or prostate problems.
- Tell your doctor if you have diabetes, Parkinson's disease, angle-closure glaucoma, have ever had a seizure, blood clot, stroke or 'mini-stroke', or if you have experienced strange body movements with another medicine.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Your doctor may do a heart test (ECG) before you start and while you are taking *olanzapine*.

How should you take it?

Take *olanzapine* tablets regularly as directed with a glass of water.
Place *olanzapine* wafers or orodispersible tablets on your tongue to dissolve before swallowing. You can also dissolve them in a glass of water.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *olanzapine* including:

- some antihistamines or anti-nausea medicines such as promethazine (e.g. Phenergan®), hyoscine (e.g. Scopoderm®), meclozine (e.g. Sea-legs®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. kava, St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Fever, stiffness, sweating, confusion Feeling restless, strange or uncontrolled movements, tremor Fast or irregular heartbeat, chest pain, fainting Symptoms of a blood clot including: sudden shortness of breath, swelling or pain in one leg Seizures Prolonged erection (longer than four hours)	Tell your doctor immediately
Dry mouth, blurred vision, constipation or trouble peeing (anticholinergic effects) Drowsiness, dizziness, tiredness or weakness, headache, anxiety Weight gain Stomach upset Peeing when you don't want to Changes in periods Sore or enlarged breasts, breastmilk production Less interest in sex, impotence	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Olanzapine* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- Smoking can change the effect of *olanzapine*. Tell your doctor if you give up, cut down or start smoking.
- *Olanzapine* reduces your body's ability to maintain a normal temperature. Be careful of becoming too cold or too hot. When exercising, drink plenty of water.
- You have an increased risk of getting diabetes while taking *olanzapine*. Discuss with your doctor.
- Do not stop taking *olanzapine* without talking to your doctor first.