## Choosing the Best Antipsychotic for you
### -Common Typical Antipsychotics

<table>
<thead>
<tr>
<th>How will it help?</th>
<th>Medicine</th>
<th>Usual Dose</th>
<th>Most common side effects</th>
<th>Will I need any health checks?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyone will have some of these problems. No-one will have them all. Think about the ones that make sense for you. Antipsychotics help you to be less troubled by;</td>
<td>Chlorpromazine</td>
<td>75-300mg/day Maximum:1000mg/day</td>
<td>Skin more sensitive to sunlight (suncream important)</td>
<td>Weight</td>
</tr>
<tr>
<td>Voices that talk to you or about you or tell you what to do.</td>
<td></td>
<td></td>
<td></td>
<td>Blood pressure</td>
</tr>
</tbody>
</table>
| Feelings that people are out to get you or want to harm you in some way (paranoia). These feelings, if left untreated, can be very upsetting. | Haloperidol    | 3-15mg/day Usually in 2-3 divided doses Maximum: 30mg/day | Less likely to cause weight gain Less likely to cause sedation Less likely to cause dry mouth, constipation | Blood tests for:  
  - Sugar (test for diabetes).  
  - Lipids (test for risk of heart disease).  
  - General physical health check (to make sure that your liver and kidneys are healthy).  
  Some people may need a heart trace (ECG). |
| Muddled thoughts that make it difficult to think clearly about things or even to know what is real and what is not real. | Sulpiride      | 400-800mg/day Usually in 2 divided doses Maximum: 2400mg/day | Least likely to cause sedation Least likely to cause dry mouth, constipation Less likely to cause weight gain Less likely to cause movement disorders | Low blood pressure (dizziness when treatment is started). This wears off. |
| Ideas about things that are not true and that if you follow up these ideas, it can cause you problems (delusions). | Trifluoperazine| 10mg/day Usually in 2 divided doses Maximum:usually 30mg/day | Less likely to cause weight gain Less likely to cause sedation | Raised prolactin (can cause periods to stop). If taken long term this can lead to osteoporosis |
| Feelings of anxiety and worry. |                 |                                  |                          | Movement disorders: e.g. muscle spasms, tremor, rigidity, a feeling of restlessness |
| They also help to make it easier for you to: | Flupentixol (flupenthixol) | 12.5-400mg/week injection Given every 2-4 weeks | Less likely to cause sedation | Anticholinergic side effects: e.g. dry mouth, constipation, blurred vision, dizziness on standing up |
| Take control of your life | Fluphenazine   | 6.25-50mg/week injection Given every 2-5 weeks | Less likely to cause weight gain Less likely to cause sedation | You will feel better if you  
  - Don’t smoke  
  - Eat a healthy diet  
  - Take some exercise and stay a healthy weight.  
  - Avoid caffeine and alcohol. |
| Do things for yourself | Zuclopenthixol | 100-600mg/week injection Given every 2-4 weeks | | |
Choosing the Best Antipsychotic for you

-Atypical Antipsychotics

If you can’t find your medicine in the table, please ask your pharmacist or key worker for help

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| Everyone will have some of these problems. No-one will have them all. Think about the ones that make sense for you. Antipsychotics help you to be less troubled by; | Olanzapine   | 10-20mg at night    | • Weight Gain  
• Drowsiness when you start treatment  
People who start taking this medicine are less likely to stop taking it than people who take other medicines. | Weight                        |
| • Voices that talk to you or about you or tell you what to do.                   | Risperidone  | 2-8mg/day Maximum: 16mg/day | • Low blood pressure (dizziness when treatment is started). This wears off.  
• Some people feel a little sick or get more headaches than usual when they start taking this medicine. These effects usually wear off.  
• Tremor and/or stiffness (unusual).  
• Weight gain and raised prolactin (can cause periods to stop). If taken long term this can lead to osteoporosis. | Blood pressure, Blood tests for  
• Sugar (test for diabetes).  
• Lipids (test for risk of heart disease).  
• General physical health check (to make sure that your liver and kidneys are healthy). |
| • Feelings that people are out to get you or want to harm you in some way (paranoia). These feelings, if left untreated, can be very upsetting. | Quetiapine   | 300-450mg/day Maximum: 750mg/day | • Low blood pressure (dizziness when treatment is started). This wears off.  
• Some people feel a little sick or get more headaches than usual when they start taking this medicine. These effects usually wear off. | Blood tests for  
• Sugar (test for diabetes).  
• Lipids (test for risk of heart disease).  
• General physical health check (to make sure that your liver and kidneys are healthy). |
| • Muddled thoughts that make it difficult to think clearly about things or even to know what is real and what is not real. | Amisulpride  | 400-800mg/day Usually in 2 divided doses Maximum: 1200mg/day | • Raised prolactin (can cause periods to stop). If taken long term this can lead to osteoporosis.  
• Tremor and/or stiffness (unusual).  
• Weight gain. | Some people may need a heart trace (ECG). |
| • Ideas about things that are not true and that if you follow up these ideas, it can cause you problems (delusions). | Aripiprazole | 15mg/day Maximum: 30mg/day | • Some people feel a little sick or get more headaches than usual or feel a bit sleepy when they start taking this medicine. These effects usually wear off. | You will feel better if you  
• Don’t smoke  
• Eat a healthy diet  
• Take some exercise and stay a healthy weight.  
• Avoid caffeine and alcohol. |
| • Feelings of anxiety and worry. | Clozapine    | 400-500mg/day Maximum: 900mg/day | • Reduced number of white blood cells in 3 out of every 100 people who take it. This can be serious as white blood cells are needed to fight infection.  
• Weight gain  
• Too much saliva (drooling)  
• Feeling sleepy and dizzy when the medicine is started. These effects usually wear off. | All of the above plus  
Regular blood tests to monitor that the blood is healthy. |