

Medication Information Card

Resperidone (Ris – pear – ih – done)

Other names for this medication

Resperdal[®]

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

It may take up to 2 weeks before you get the full effect of this medication.

How to take this medication

Take this medication exactly as directed by your doctor. Do not suddenly stop taking this medication. When it is time to stop this medication, your doctor may slowly decrease the amount.

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)

This medication increases the effects of alcohol making you more sleepy and dizzy. Do not drink alcohol such as wine, beer or liquor while taking this medication.

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

Liquid: May be mixed with water, coffee, orange juice or low-fat milk. Do not mix with tea or cola.

While taking this medication you may notice

- headache
- constipation
- nausea
- poor concentration
- drowsiness
- dizziness
- shaking
- more sensitive to heat
- your skin is more sensitive to light

Most of these effects will go away as your body gets used to the medication. If not, contact your doctor.

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.

If your skin becomes sensitive to sunlight, avoid direct sunlight. While in the sun, wear sunscreen that blocks ultraviolet (UV) light, a hat and clothing that covers your skin.

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

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

Contact your doctor if you notice

- uncontrollable movements of your face, hands and arms
- stiff muscles
- clumsiness
- restlessness or excited feelings
- you feel less interested or able to have sex
- skin rash
- fainting
- trouble sleeping