



Olanzapine

What you should know about taking olanzapine (Zyprexa)

Olanzapine is also known by the brand names Zyprexa, Zyprexa Zydis, and Zyprexa IntraMuscular.

Olanzapine is an atypical antipsychotic that acts on both the serotonergic and dopaminergic systems among others.

Olanzapine is used to treat psychosis, schizophrenia, schizoaffective disorder, and bipolar disorder, especially the manic phase.

Olanzapine can also help with problems sleeping, anxiety, and to enhance the effect of antidepressants.

What should my health care provider know before I take this medication?

Alert your provider if you are taking any other medication or if you are pregnant, breastfeeding, or plan to become pregnant. Also, tell your doctor if you have phenylketonuria (PKU) because the chewable tablet contains phenylalanine. Please tell your provider if you have low blood pressure, a seizure disorder, heart disease, or liver disease.

How do I take it?

Take this medication exactly as your provider prescribes. It is fine to take this medication with or without food.

If you are taking Zyprexa Zydis, do not split or chew the medication. Do not push the wafers through the foil as this may hurt the medication. Take the medication right away once it is removed from the package. You may swallow the Zyprexa Zydis with or without fluid.

What are the possible side effects?

Feeling dizzy when you sit up or stand quickly, sedation, constipation, weakness, dry mouth, or weight gain are possible side effects.

Olanzapine may increase the risk of developing diabetes, especially if you are overweight or have a family history of diabetes. If you have diabetes, olanzapine may affect your blood sugar level and change the amount of insulin or diabetes medicines you may need.

Avoid long exposure to the sun, heavy exercise, high temperatures and dehydration. Olanzapine could interfere with your body's ability to cool down.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

UW Outpatient
Psychiatry Clinic
206-598-7792

After hours or on the weekend call the UW Psychiatry resident on-call at 206-598-6190

If taken for years, there is a very small risk of developing tardive dyskinesia (a permanent disorder of uncontrolled movement involving twitching in the face, body, tongue, or jaw).

Other serious yet rare side effects include increased risk of stroke in the elderly or neuroleptic malignant syndrome (a temporary but serious disorder of muscle contractions linked with high fever and abnormal vital signs).

When will it start working?

You may start to notice subtle improvement in your symptoms right away. The full effect of the medication will not be realized until you have taken a steady dose for weeks.

What should I do if I miss a dose?

You should take it as soon as you remember unless it is within 2 hours of the next scheduled dose. In that case, skip the missed dose and take the next one as directed. Do not take double doses.

When should I call my provider?

Call your provider, get emergency medical care, or call 911 if you:

- Feel suicidal or homicidal.
- Have an allergic reaction to your medication (hives, itching, rash, trouble breathing, tightness in chest, swelling of your lips, tongue, or throat).
- Have had a seizure.
- Have involuntary movements (facial or body twitching that you cannot control).
- Feel dizzy when you stand or sit up quickly and getting up slowly does not relieve it.
- Have high fever and muscle stiffness.

Where can I learn more about olanzapine?

- www.zyyprex.com

References: Micromedex, and *Handbook of Psychiatric Drug Therapy*, 4th Edition by Arana and Rosenbaum.

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