



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

Taking Care of Your Physical Health

Consumer Diary

A Component of the Clinical Guidelines for the
Physical Care of Mental Health Consumers Package

Susanne Stanley &
Jonathan Laugharne



Government of Western Australia
Mental Health Commission



NAME:

The 'Taking Care of Your Physical Health – Consumer Diary' has been developed to assist in checking and monitoring your physical health.

Your physical health is just as important as your mental health and both can influence each other. So it is vital that you keep yourself healthy. This diary has been designed to help you achieve this.

There are five areas that can affect your physical health:

- **Medication effects**
- **Lifestyle factors**
- **Physical disorders and allergies**
- **Alcohol and illicit drug use**
- **Social factors**

Different tests and surveys can be used to check that you are healthy and catch any problems before they become too harmful.

The Consumer Diary is part of the Clinical Guidelines for the Physical Care of Mental Health Consumers' assessment and monitoring package. Your doctors and mental health support team will also have:

Wall Chart – Metabolic Syndrome Algorithm

The Metabolic Syndrome is a group of risk factors that can lead to heart disease and type 2 diabetes. The wall chart represents the basic physical health tests that need to be conducted when checking for Metabolic Syndrome such as tests for blood pressure, fasting lipids, fasting blood glucose, and measuring your waist.

Clinician Handbook

The Clinician Handbook outlines specific information about medications and physical examinations, and gives an overview of the other major health areas that need to be monitored. Designed to be used by psychiatrists and general practitioners, this handbook is similar to the Consumer Diary.

Lifestyle and Social Assessment

This booklet consists of tools and surveys to give you, your family/ carer(s), your doctors and mental health support team a deeper understanding of your behaviours that affect your health and your social situation. It covers many things such as culture, exercise, diet, smoking, dental care, and the support structures that you have. It is easy to use for either yourself or the members of your mental health support team.

Screening Forms

There are three screening forms. The general form lists the recommended tests for each medication that you are taking. An additional form outlines further tests recommended for specific medications (e.g. sodium valproate), and a third form has been provided for clozapine. These forms summarise all your results and will be placed in your medical file.

This adult assessment package provides an overall measure of your physical health, with information on the screening forms covering two years. This allows for the recognition of patterns and keeps information about your physical health in one place.

This Publication was produced with generous financial assistance of the Mental Health Commission of the State Government of Western Australia. The Government of Western Australia is granted a non-exclusive irrevocable non-transferable license to use the contents of this publication for any non-commercial purpose.

Enquiries concerning this report should be directed to: Community, Culture and Mental Health Unit
The University of Western Australia, School of Psychiatry and Clinical Neurosciences
Fremantle Hospital, W Block, L6, 1 Alma Street, Fremantle WA 6160

Stanley, S. & Laugharne, J. (2010). *Clinical guidelines for the physical care of mental health consumers*. Community, Culture and Mental Health Unit, School of Psychiatry and Clinical Neurosciences, The University of Western Australia. Perth: The University of Western Australia

How to Use This Diary

- The diary has been designed to include many of the things that you will need to know to keep yourself healthy.
- You don't need to read all of the information at once. Simply read one section at a time when needed.
- Only read the information that is relevant to you. So for example, in the medication section, you only need to look up the medications that you are taking.
- Take your diary with you to appointments so that you have information to assist you in your discussions with your doctors or mental health support team.
- Use your diary as a source of information to assist with understanding in your discussions with your family/carer(s).
- The diary has room for you to record your results and make notes so that you can keep track of your own health.
- If you run out of room on a table or note page, you can ask your mental health support team for additional pages.
- This diary is yours to keep and record your personal information in. It is your choice whether you share this information with you family/carer(s) or not, but sharing would help them in supporting you.

Table of Contents

1 Lifestyle	6
Cholesterol.....	6
Exercise.....	10
Weight.....	11
Smoking.....	15
Dental Health	21
Sexual Health	25
2 Physical Disorders	30
Cardiovascular Disease	30
Type 2 Diabetes	31
Respiratory Disease	32
Irritable Bowel Syndrome & Gastrointestinal Dysfunction.....	32
Cancer	34
HIV/AIDS & STI's	35
Hepatitis B and C	35
Allergies	36
3 Alcohol & Illicit Drugs	40
Alcohol.....	40
Illicit Drugs.....	45
4 Social Support	52
Culture/Religion/Spirituality	52
Social Relationships	57
5 Medication.....	62
Metabolic Syndrome	63
Antidepressants	67
Anxiolytics.....	77
Mood Stabilisers/Antipsychotics	79
Carbamazepine.....	86
Lithium Carbonate.....	89
Valproic Acid	91
Clozapine	93
Medication Records	95

LIFESTYLE

Cholesterol

- Cholesterol is a type of fat that is normally produced in the liver. We can also increase our cholesterol levels through animal products such as fatty meats, full fat dairy products and egg yolks.
- High Density Lipoprotein Cholesterol (HDL-C) is known as 'good' cholesterol as it helps to protect us against heart disease.
- Low Density Lipoprotein Cholesterol (LDL-C) is known as 'bad' cholesterol as it sticks to and narrows our blood vessels.
- High LDL cholesterol and triglyceride levels are related to coronary heart disease and diabetes.
- Changes in cholesterol levels can also be influenced by some mental health medications.

Suggested target cholesterol levels:

High Density Lipoprotein Cholesterol (HDL-C) (mmol/L)

Desirable range

≥ 1.03 Males

≥ 1.29 Females

High Risk patient range

> 1.0 Males and Females

Low Density Lipoprotein Cholesterol (LDL-C) (mmol/L)

Desirable range

< 3.0

High Risk patient range

< 2.0

Triglycerides (TG) (mmol/L)

Desirable range

< 1.7

High Risk patient range

< 1.5

Total Cholesterol (TC) (mmol/L)

Desirable range

< 5.5

High Risk patient range

< 4.0

< less than, > greater than, ≥ equal to or greater than

The high risk patient range is for people who are close to developing or who already have a heart condition or diabetes.

CHOLESTEROL LEVEL TEST RESULTS

	Base-line	3 Months	6 Months	9 Months	12 Months	15 Months	18 Months	21 Months	24 Months
Date									
TC									
TG									
HDL-C									
LDL-C									

Write down the results of your cholesterol level tests in this table so that you can keep a record of your levels over time.

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

To improve your cholesterol levels:

- Eat healthy foods such as fish and lean meat, vegetables, fruit, nuts, wholegrain foods, vegetable oils such as canola oil and extra virgin olive oil
- Choose reduced-fat dairy products
- Replace saturated fats with polyunsaturated and mono-unsaturated fats
- Avoid cakes, biscuits, pies and other pastries
- Have your cholesterol and lipid levels checked regularly



Exercise

Regular physical activity improves fitness and energy levels, reduces the risk of heart disease, high blood pressure, type 2 diabetes and stroke, and tends to improve our sense of well-being.

At least 30 minutes per day of moderate intensity physical activity is recommended, and if you can, 30 minutes of vigorous intensity physical activity three to four times a week.

Activity Level

Vigorous intensity	Jogging, aerobics, digging, fast bicycling
Moderate intensity	Walking, medium-paced swimming or bicycling
Other	Slow bicycling, carrying light loads

Warming up, cooling down, and stretching both before and after exercise, and a gradual build up to your daily routine will ensure maximum benefits and minimum harm.

Tips to start exercising:

- Start gradually
- Exercise with a friend
- Make it part of your daily routine
- Make it fun

Exercise helps to:

- Strengthen your muscles, bones and joints
- Increase your body's metabolism
- Increase your energy levels
- Improve sleep
- Improve your sense of well-being

Weight

- Monitor your weight over time
- Use your weight measurement to calculate your BMI

Body Mass Index (BMI)

BMI is a simple index of weight-for-height that is commonly used to classify underweight, overweight, and obese adults.

e.g. If your weight is 70kg and your height is 1.75m

Then your BMI = $70 \text{ kg} / (1.75\text{m})^2$

= $70 / 3.0625$

= 22.9

- Multiply height x height
 $1.75\text{m}^2 = 1.75 \times 1.75 = 3.0625$
- Then do weight divided by the number you got for height x height
 $70 / 3.0625$
- This will give you a BMI = 22.9

Now insert your own weight and your own height, and do the same calculations in place of the 70kg and 1.75m to find your BMI.

Check your BMI against the Index below to see whether you are at an increased risk of having health problems.

BMI Index

< 18.50	Underweight	High Risk
18.50-24.99	Normal range	Normal
≥ 25.00-29.99	Overweight	High Risk
30.00-34.99	Obese	High Risk
≥ 35.00	Morbidly Obese	Very High Risk

Abdominal Girth

Large waist measurements are associated with type 2 diabetes, hypertension, cardiovascular disease, and dyslipidemia.

To measure your abdominal girth (waist):

- Measure halfway between your lowest rib and the top of your hipbone, roughly in line with your bellybutton
- Place the tape measure directly against your skin
- Breathe out normally
- Make sure the tape is snug, but not too tight against your skin

< 94cm (*male*)
< 90cm (*male*)

< 80cm (*female*)
< 80cm (*female*)

Europid
Asian

Diet

If your weight, BMI and/or abdominal girth is in the High Risk range, you may need to ask for a healthy eating guide or a referral to a dietician to help you in choosing the best foods for you, and review your exercise level.

For the table on the next page, write down your physical measurements so that you can keep track of any weight gain that might occur.

PHYSICAL MEASUREMENTS

Your Height:											
	Baseline	3 Months	6 Months	9 Months	12 Months	15 Months	18 Months	21 Months	24 Months		
Date											
Weight											
BMI											
Abdominal Girth											
	27 Months	30 Months	33 Months	36 Months	39 Months	42 Months	45 Months	48 Months	51 Months		
Date											
Weight											
BMI											
Abdominal Girth											

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Smoking

Tobacco smoke contains about 4000 chemicals, including:

- carbon monoxide
 - hydrogen cyanide
 - various nitrogen oxides
 - tar
 - known substances that can cause cancer (e.g. nitrosamines, toluidine, nickel, benzopyrene, cadmium, polonium 210).
-
- Around 20% of Australian adults smoke tobacco
 - Just over half are seriously thinking about quitting
 - Almost two thirds have tried to quit over the past five years

Quitting before the age of 30 years removes almost all of the excess risk associated with smoking.

Quitting before the age of 50 years halves the risk of smoking-related death.

Benefits of Quitting Smoking

- Reduce your chance of cancer
- Reduce your chance of emphysema and other lung diseases
- Increase your blood circulation
- Save money
- Your sense of smell and the taste of food will improve
- You will have more energy and exercise will be easier
- Tobacco will no longer control your life

Many people attempt to give up smoking a number of times before they finally succeed.

Nicotine Replacement Therapy (NRT)

- If you are considering using nicotine patches, the nicotine strength of the cigarettes or tobacco you smoke will determine the strength of the patches that will be most useful to you.
- You will need to see your doctor for prescription medication such as bupropion or varenicline (caution must be taken as these drugs have been linked to depression and suicide).

The following questions and table will help you to keep a record of your attempts and eventual success in quitting smoking.



Think about the questions below, and discuss your answers with your family/carer(s), doctor, or mental health support team.

Interest in quitting

What would need to happen for you to be willing to quit?

.....
.....
.....
.....

Why do you want/not want to quit?

.....
.....
.....
.....
.....

Do you need more information about smoking?

.....
.....

Explore options to quit smoking with your doctor or mental health support team.

Confidence in quitting

What would be the hardest thing about quitting?

.....

.....

.....

What made it difficult to quit last time you tried?

.....

.....

.....

Explore and tackle barriers (e.g. withdrawal, stress reduction, weight control) with your doctor or case worker.

.....

.....

.....

Identify supports that you have or need to put in place to be successful in quitting smoking.

.....

.....

.....

.....

CUTTING BACK AND REDUCING YOUR NICOTINE INTAKE

	Baseline	3 Months	6 Months	9 Months	12 Months	15 Months	18 Months	21 Months	24 Months
Smokes per day									
Nicotine strength									

Quit Attempt	Positives			Negatives		

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Dental Health

Your teeth and mouth are an important part of your body's system. Disease and decay in your mouth can affect the health of your whole body.

Problems:

- Bad breath
- Ulcerated, bleeding and/or inflamed mucous membranes, lips and/or gums
- Decayed and/or fractured teeth
- Calculus on teeth
- Dry mouth

Some mental health medications can affect your teeth and gums, so it is important to have a regular check up with your dentist.

Mental health and dental drugs can interact with each other, so it is very important that you let your dentist know of any medications (including over the counter medications) that you are currently taking.

Possible interactions:

- Sedative effects
- Increased effect of the dental drug
- Increased heart rate and blood pressure
- Increased risk of agranulocytosis (a blood disease)
- Possible high blood pressure
- Increased metabolism
- Increased effects such as dry mouth, blurred vision, constipation and urinary retention

Things to Consider

- *Do you wear dentures?*
- *Do you have any problems with your teeth?*

Pain, difficulty eating, decayed teeth, denture problems, dry mouth, ulcers, halitosis (bad breath), other?

- *Are you taking medication that has oral side effects?*



DENTAL HEALTH

Dentist's Name	Surgery
Date	Treatment

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Sexual Health

Sexual expression provides people with a sense of psychological, physical and social well-being.

Looking after your sexual health includes the ability to:

- Make healthy life choices without guilt, fear, shame or false beliefs
- Enjoy positive and healthy relationships
- Be treated with respect
- Choose behaviours that are safe and without risk of infection and unplanned or unwanted pregnancy
- Celebrate all positive expressions of sexuality

(Shine SA, 2008)

Developing and maintaining healthy relationships is important for your well-being and can help with your recovery. If you are having difficulties in your sex life, it's not always easy to talk to someone about it.

Mental health issues can affect your sexual health in many ways:

- Stop you thinking clearly about the consequences of your sexual behaviour
- Make you more vulnerable to sexual exploitation from others by wanting love but only getting sex
- Make you hyper-sexual (wanting to have sex more than you usually would)
- Make you hypo-sexual (losing the desire to have sex)
- Not trusting the people that you love
- Not being sensitive to the people you care about
- Being emotionally withdrawn
- Affecting your confidence and self-esteem
- Low energy
- Past or continuing sexual, emotional, or physical abuse

Mental health medications (including antidepressants) can affect your sexual health through:

- Decreased libido or decrease in sexual desire
- Impotence and problems with orgasm or ejaculation
- Fertility problems
- Skin sensitivity such as being too ticklish or painful
- Weight loss or gain which can affect self-esteem and self confidence
- Twitching or tongue chewing
- Dry mouth and lips
- Salivating too much

If you experience any of these effects, talk to your doctor about what can be done.

It is important to keep taking your medication until advised by your doctor. You may become very unwell if you suddenly stop taking them.

The chart below is for you to keep a record of any sexual difficulties, contraception use, and sexually transmitted infection testing that you might experience.

SEXUAL DIFFICULTIES, CONTRACEPTION USE AND STD TESTING

Sexual Difficulties	Date	Comments
Lack of sexual interest		
Difficulty with arousal		
Difficulty with erection		
Difficulty with orgasm		
Contraception	Comments	
Use of contraception	Type	
Last pap smear date		
Pregnancy test date		

HIV AND ST TESTING

Date of each Test

HIV/AIDS									
Hepatitis B									
Hepatitis C									
Warts (HPV)									
Genital Herpes									
Chlamydia									
Gonorrhoea (clap or GC)									
Syphilis									

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

2 PHYSICAL DISORDERS

- Poor physical health can impact upon your mental health and vice versa.
- You may have physical problems that existed before you became unwell, or you may develop physical disorders during treatment.

The information below highlights problems that are common for people with a mental illness and explain why physical health testing is necessary for your overall health and well-being.

IT IS IMPORTANT FOR YOU TO DISCUSS ANY PHYSICAL HEALTH PROBLEMS THAT YOU MAY HAVE WITH YOUR DOCTOR

Cardiovascular Disease

Cardiovascular disease is the term used for heart, stroke, and blood vessel diseases. It accounts for 36% of all deaths in Australia.

Key Risk Factors:

- Abnormal amount of lipids in the blood (dyslipidemia)
- Obesity
- Smoking
- High blood pressure (hypertension)
- High blood glucose (hyperglycemia)
- High cholesterol

Fortunately, there are many ways for you to reduce your risk:

- Exercise regularly
- Have your blood pressure checked
- Don't smoke
- Have your cholesterol and triglyceride levels checked
- Maintain a healthy weight
- Eat lots of fruit and vegetables

Type 2 Diabetes

Insulin is a hormone made by your body to control your sugar levels. In people with type 2 diabetes, blood sugar levels are higher than normal because the body does not produce enough insulin or the body's cells become resistant to insulin.

Risk Factors:

- Genetics
- Environment – high blood pressure, a lack of exercise & poor diet (may result in obesity)
- Mental health medications – elevated blood glucose levels

You can have type 2 diabetes and not know it because there may be no obvious symptoms. If you do experience symptoms, they might include:

- Being excessively thirsty
- Blurred vision
- Passing urine more frequently
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Gradually putting on weight
- Leg cramps
- Feeling dizzy
- Mood swings
- Headaches
- Itching
- Skin infections

**IF YOU EXPERIENCE ANY OR MANY OF THESE SYMPTOMS,
TALK TO YOUR DOCTOR**

Respiratory Disease

Chronic respiratory diseases are a group of illnesses and conditions that affect breathing and oxygen delivery around the body.

The respiratory system does two very important things:

- 1) It brings oxygen into our bodies, which we need for our cells to live and function properly
- 2) It helps us get rid of carbon dioxide, which is a waste product of functioning cells

Some of the most common conditions are:

- Chronic Obstructive Pulmonary Disease (COPD) (e.g. bronchitis, emphysema)
- Asthma
- Respiratory allergies (allergic rhinitis and sinusitis)
- Occupational lung diseases
- Pulmonary hypertension (high blood pressure in the lungs blood vessels)
- Obstructive sleep apnoea (a condition where a person's breathing repeatedly stops and starts while they are asleep)
- Bronchiectasis (a disease of the lung)

There are some risk factors which will increase your chances of breathing difficulties and lung damage, and exercise will help to keep your lungs healthy.

Risk factors and triggers:

- Smoking
- Allergens such as pollen, animal fur, mould
- Indoor air pollution like breathing second hand cigarette smoke, wood fires, gas heaters

- Outdoor air pollution such as car exhaust fumes, industrial or commercial gases or fumes
- Occupational risks and vulnerabilities like paint fumes, chemicals, gases
- Some medications such as beta-blockers (used for conditions such as high blood-pressure, migraine, angina), and non-steroidal anti-inflammatory (NSAIDs) drugs like aspirin or arthritis medications

Irritable Bowel Syndrome (IBS) & Gastrointestinal Dysfunction

- Irritable Bowel Syndrome (IBS) is characterised by abdominal discomfort or pain, bloating, and diarrhoea and/or constipation.
- IBS is thought to result from hypersensitivity in the bowel wall
(Talley, 2001, 2006)
- 95% of the body's serotonin is in the gut.

Some of the medications used to treat mental health conditions raise or lower serotonin levels in your brain, and many of these medications are taken in tablet form. Tablets are digested in your stomach, and could affect the stomach's serotonin levels and/or make your stomach very sensitive.

- Mental health consumers sometimes fluctuate between constipation and diarrhoea, and most experience some abdominal discomfort or pain.

TALK TO YOUR DOCTOR IF YOU EXPERIENCE DISCOMFORT

Cancer

Regular cancer screening helps protect your health through early detection, even if there are no signs or symptoms.

There are many different types of cancer:

Males

- cancer of the brain (generally found in older consumers)
- prostate
- urinary / bladder
- lymphoma (a type of cancer involving cells of the immune system)
- leukaemia (cancer of the blood or bone marrow)
- lung

Females

- cancer of the brain (generally found in older consumers)
- breast
- cervix
- ovary
- lung
- pancreas (a gland located just below the stomach)
- lymphoma (a type of cancer involving cells of the immune system)

Early diagnosis and treatment increases your chances of successfully treating or managing disease. So talk to your doctor if you have unusual or worrying physical symptoms.

HIV/AIDS & STI's

If you are sexually active, or have used drugs, regular health checks for HIV/AIDS and Sexually Transmissible Infections (STI's) are recommended.

- STI's can cause serious infection, with pain, infertility and other problems if they remain untreated.
- Often there aren't any signs or symptoms
- The most common STI's are – chlamydia, herpes, and genital warts.
- Testing is usually quite simple
- Most STI's are easily treated
- HIV/AIDS is more likely with the use of illegal drugs, alcohol, and unsafe sex

Practice Safe Sex

Safe sex is about reducing your risk of STI's and unplanned pregnancy. It includes choosing sexual behaviours that protect you and your partner from harm, violence and exploitation.

- Don't pressure anyone to do things that they don't want to do.
- Not everyone wants sex all of the time. It's okay to say no at any point.
- Explore other ways of being physically and sexually intimate, such as cuddling, kissing, and sensual massage.
- Use condoms to reduce the risk of STI's and unplanned pregnancy

Hepatitis B and C

Hepatitis is a sickness of the liver. It can be caused by many things such as alcohol, drugs, chemicals, and some viruses.

How do you catch Hep B?

- Hep B is found in blood, semen, vaginal fluids and breast milk
- You can catch it if you have unprotected sex
- You can catch Hep B if a tiny bit of blood from an infected person gets into your blood

- A mother can pass it onto her baby in the womb, during birth or through breast milk

How do you catch Hep C?

- There are different types of Hep C
- You can catch Hep C if a tiny bit of blood from an infected person gets into your blood
- A mother can pass it onto her baby in the womb, during birth or through breast milk

How to protect yourself

- If you are pregnant or trying to have a baby, get tested for Hep B and Hep C as early as possible
- You can get immunised against Hep B
- There is NO immunisation for Hep C
- Always practice safe sex
- If you inject, use your own new needle every time. Never share needles.
- Use your own toothbrush, dental floss and razor
- Cover cuts and sores

(Department of Health – WA, 2005)

Allergies

Some people have or develop allergies over time. Allergies are your body's response to substances that it decides are harmful. You may experience things like inflammation, swelling or redness and itching in the skin, watery and itchy eyes and/or nose.

The allergies that you may have are in addition to any adverse reactions that you may experience with particular medications.

Below is a table for you to keep a record of these additional allergies.

ALLERGIES

Date	Allergy	Treatment

Below is a table for you to keep a record of these additional allergies.

Date	Allergy	Treatment

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Alcohol

- In Australia, 21% of people drink at a level that poses a high risk to their health
- Anxiety disorders often occur before an alcohol problem develops
- Alcohol disorders often occur before depression develops

Drinking beyond low risk levels can be harmful to your health. A standard drink depends upon what you are drinking (beer, wine, spirits), and the size of the container you are drinking from (a glass, stubby or a can).

One standard drink is:

- A can of mid-strength beer
- A glass (100ml) of wine
- A shot (30ml) of spirits

According to the National Health and Medical Research Council, men and women should drink no more than two standard drinks per day to reduce your lifetime risk of harm. On any single occasion, you should not drink any more than four standard drinks to reduce your risk of alcohol related injury at that time.

Drinking at these levels is not recommended if you:

- are on medication
- have a condition made worse by drinking (e.g. high blood pressure or alcohol dependence)
- are pregnant or planning to be (refer to pregnancy section)
- are about to engage in activities requiring a degree of skill or risk (driving, flying, water sports, operating machinery)
- are under 18-years-of-age.

Health complications from high risk drinking:

- Liver failure
- Memory loss
- Brain damage (Wernicke's encephalopathy to Korsakoff's syndrome)
- Cancer of the mouth, throat, oesophagus, and intestines
- Aggression and violent behaviour
- Peptic ulcers
- Loss of sensation in arms, legs, fingers, toes
- Heart failure
- Anaemia
- Bleeding and/or severe inflammation of the stomach
- Vomiting
- Inflammation of the pancreas
- Sexual problems
- Birth defects
- Alcohol can also affect the metabolism of prescription drugs

Assessment:

Sometimes we don't really know how much alcohol we actually drink. Your doctor or a member of your mental health support team will help you to assess your alcohol drinking levels and possible dependence levels.

Across the page is a table for you to keep track of and get a good idea of your drinking behaviours. Keep records to see how much and how often you actually drink.

If, at a later date, you think you might be drinking more heavily than you were before, you can check by repeating the record keeping activity.

Week 1	Type of Alcohol	Standard Drinks	Week 2	Type of Alcohol	Standard Drinks
MON			MON		
TUES			TUE		
WED			WED		
THU			THU		
FRI			FRI		
SAT			SAT		
SUN			SUN		

Week 1	Type of Alcohol	Standard Drinks	Week 2	Type of Alcohol	Standardf Drinks
MON			MON		
TUES			TUE		
WED			WED		
THU			THU		
FRI			FRI		
SAT			SAT		
SUN			SUN		

Illicit Drugs

Illicit (illegal) drugs are chemical substances that have an effect on your brain, and that you have unlawfully obtained (i.e. you don't have a medical prescription for the drug).

Drugs can change the way your body functions and the way you feel. There are no controls on what illicit drugs are made of so you never really know what you're getting.

NO DRUG IS COMPLETELY SAFE.

The effects of drugs vary from person to person. They depend on the type of drug taken, who is taking it (male/female, your physical and mental health, age, weight, experience with drugs), how much you use, where it is used and how you take the drug.

Health Complications:

Amphetamines and related drugs (e.g. ecstasy, cocaine)

When taken:

Tension in your muscles, teeth grinding (bruxism), jaw clenching, restlessness of the legs, increased body temperature.

Two to three days after:

Pain and stiffness in the lower back, headache, nausea, dry mouth, blurred vision, loss of appetite, insomnia, fluctuating heart rate and blood pressure.

For some:

Hyperactivity, inability to focus, mild hallucinations, feeling unreal or detached from yourself or the world (depersonalisation), and anxiety can occur.

Long term use can cause:

Serotonin neurotoxicity, memory failure, affects decision making and information processing, greater impulsivity, panic attacks, recurrent paranoia and psychotic episodes, major physical toxicity (hepatic, cardiovascular, cerebral, and hyperpyrexia (abnormally high fever)), and possible death.

Opioids

Much of the physical harm is caused by unsterilized needles, needle swapping (e.g. HIV/AIDS, Hepatitis C), intravenous use of drug preparations that are meant for oral use only, and abscesses and cellulitis.

Cannabis

During drug use:

Effects on thinking and comprehending information, lowering of immunity, and possible psychosis.

Long-term:

Heavy smokers of cannabis risk serious harm to their respiratory system.

Anabolic Steroids

There is an increase in anxiety, aggression, sexual behaviour, cardiovascular events. They affect your cholesterol levels, impair liver function, can cause liver cancer, jaundice, hypomania, and depression

Reducing the Risk of Harm:

- Different drugs will affect people in different ways. Don't assume that because a drug has a certain effect on your friend that it will be that way for you too.
- Don't put yourself in risky situations – plan ahead
- Don't mix drugs
- Don't drive, swim, or operate heavy machinery
- Don't do it alone – make sure someone else knows so that if you get into trouble someone can get help
- If you feel unwell, tell someone

Assessment:

Sometimes we are not aware that our drug taking behaviour is becoming a problem or that we are becoming dependent. Your doctor or a member of your mental health support team will help you to assess your drug-taking activities and possible dependence levels.

Sometimes, to get a good understanding of our drug taking behaviours, we need to keep records. Across the page is a table for you to keep track of and get a good idea of the substances that you take and the effects they are having on you.

Date	Time	Place	Type of Drug	Quantity consumed	Positive Effects	Adverse Effects

Date	Time	Place	Type of Drug	Quantity consumed	Positive Effects	Adverse Effects

Notes

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Culture/Religion/Spirituality

Values/Belief Systems:

“Culture includes, but is not restricted to, age or generation; gender; sexual orientation; occupation and socioeconomic status; ethnic origin or migrant experience; religious or spiritual belief; and disability”

(Nursing Council of New Zealand, 2009, p.4).

- There are many differences between religious and cultural beliefs, values and meaning, practices and customs, and these can result in alienation, discrimination, and abuse.
- There are individual differences within cultures as well as between cultures

By respecting and considering each other’s views, you acknowledge that different people require different types of assistance.



Language:

Misunderstandings and communication breakdown can interfere with your physical health, as you might not properly understand what you need to do to take care of yourself.

- It is important that you tell people if you don't quite understand what they are saying to you.
- If English is your second language, your doctor or mental health support team can get an interpreter in your language for you so that you can better understand what they are saying to you, and they can better understand what you are saying to them.
- Some people prefer to have a family member or close friend with them during consultations. Let your doctor or mental health support team know this if it is what you prefer.
- Your family/carer(s) may also require extra support to help with their understanding of your illness and treatment so that they can give you the support that you require. If language is a barrier them, please ask your doctor or a member of your support team where your family/carer(s) might get support with an interpreter.

Autonomy and Relatedness:

In western cultures like Australia, we tend to encourage and value high levels of autonomy or individuality and moderate levels of relatedness or connection to others.

- It is believed that people require a strong sense of control, achievement, competency, agency, independence, uniqueness, and separateness from others to maintain good emotional or mental health.
- In non-western cultures like Asia and Africa, high levels of relatedness and moderate levels of autonomy are encouraged and valued.
- These cultures emphasise communion, affiliation, connectedness, harmonious relationships, interdependence, and sociality to maintain emotional or mental health.
- Australia is a multi-cultural society, so we need to listen to what is important to the person instead of pushing our own values upon them.

What is important to you in your relationships with others?

.....

.....

.....

.....

.....

Do you follow a particular religion or faith, and how does this affect your life?

.....

.....

.....

.....

.....

Mental / Physical Health Beliefs:

There is no universal explanation of mental illness that can be given to an entire cultural group. This means that different cultures hold different beliefs about mental illness, and different people within each culture have slightly different beliefs too.

Individuals and groups think about emotions, thoughts and behaviours within the context of their own society. This means that what you have been taught and your life experiences, along with those of the people around you, all contribute to what you believe about mental and physical illness today.

What is your understanding of physical health?

.....

.....

.....

.....

What is your understanding of mental health?

.....

.....

.....

.....

.....

What do you understand about your particular problems and what do you think would help you to get better?

.....

.....

.....

.....

.....

Social Relationships

Strong supportive relationships provide us with a kind of safety net so that we can cope with and manage the ups and downs of day to day life.

Social and emotional support is associated with:

- Lower disease risk
- Lower rates of mental illness
- Lower death rates
- Lower rates of substance abuse
- Better coping skills with stressful events and situations

Support is typically emotional, cognitive, or material:

Emotional supports are needed when you experience a Crisis:

- For example, empathy and care from family and friends allows you to express feelings and emotions like fear, anxiety, or emotional distress.

Cognitive supports are needed when you go through a Transition or major change in your life:

- For example, knowledge and information, and developing coping skills helps you with decision-making and personal direction.

Material supports are needed when you experience a time of Deficiency or a lack of resources:

- For example, rent assistance and hostel accommodation helps when you don't have much money.

Family Relationships:

- Family relationships are usually the first kinds of relationships we develop. Strong bonds with parents and siblings give us the security we need for healthy development and growth throughout childhood and our teenage years.
- Communicate with your family or carer(s) about what is important to you so that they have a better understanding of how they can best support you.
- In adulthood we still look to family for security and comfort, and advice when we are troubled. Families provide us with common understandings and shared goals for health and well-being.

- Many people have plenty of support from family and friends, but sometimes we don't receive the kind of support we need at the time.
- If you feel that you do not have the kind of support you need, discuss this with your family/carer(s), doctor, and mental health support team.

Community Involvement:

- Having a sense of belonging and a connection to others will help to protect you from poor physical health.
- Kindness, being in a non-stigmatising environment, and having other people listen to you will help you to gain self-confidence and develop new social skills.
- Your mental and physical health can benefit greatly by assisting others who also have mental health problems.
- When you offer support to others, you are drawing from your own lived experiences of mental illness. Many consumers find it a great comfort that you have a good idea of what they are currently experiencing.

Socio-Economic Status (SES) and Employment:

Employment benefits both your physical and mental health by:

- Promoting recovery
- Leading to better health outcomes
- Improving your quality of life and well-being
- Reducing social exclusion
- Reducing poverty

People who have low incomes and low education levels (SES) are at a higher risk of poor physical and mental health.

Unemployment is associated with more negative symptoms and a poorer quality of life.

You can reduce negative symptoms by getting involved in non-paying work such as study, job training, and volunteer work.

Assessment – Psychosocial Supports Survey:

The following questions will help you to assess the social supports that you currently have in your life.

Think about the relationships that you have with friends and family members. What can you do to make sure that you have someone you can talk to or confide in?

.....

.....

.....

.....

.....

.....

Think about the many different ways that you can gather information to help with the choices that you make in your life. What can you do to make sure that you have plenty of information?

.....

.....

.....

.....

.....

.....

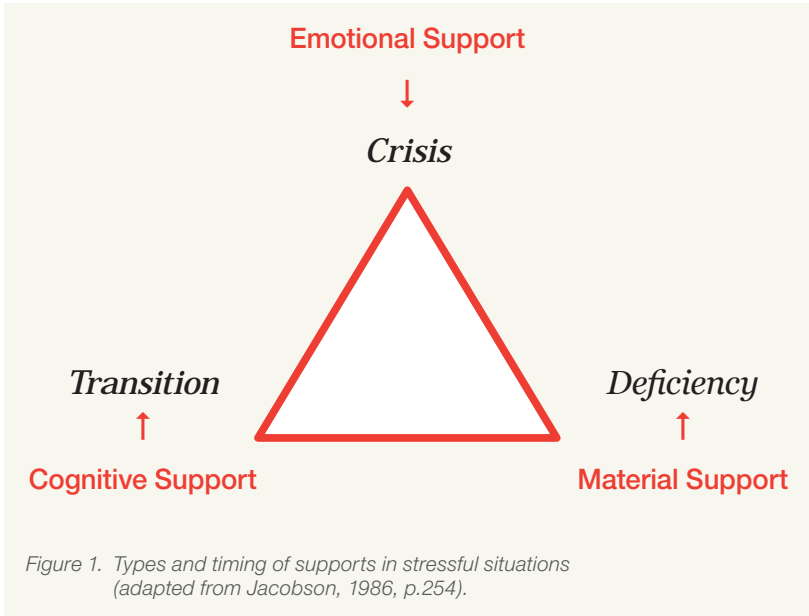


Figure 1. Types and timing of supports in stressful situations (adapted from Jacobson, 1986, p.254).

5

MEDICATION

Mental health medications can help to improve your emotional well-being. They are used to treat the symptoms of mental illness to help you to feel better.

Medications work differently for each person, so although you and a friend might have similar problems, you may have been prescribed different medications. Do not give other people your medication.



Metabolic Syndrome

- One of the most common problems that mental health consumers have today is the metabolic syndrome.
- Many medications are associated with metabolic disturbances (disturbances in the way that your body breaks down food and transforms it into energy, which increases the risk of cardiovascular disease and type 2 diabetes.)
- Your doctor will monitor both your mental and physical health to make sure that you get better and that you stay healthy.
- Monitoring means conducting some simple tests to reduce the risk of you developing the metabolic syndrome.

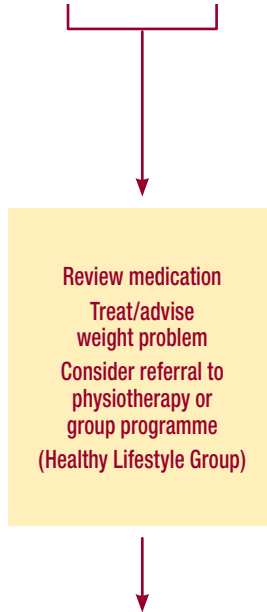
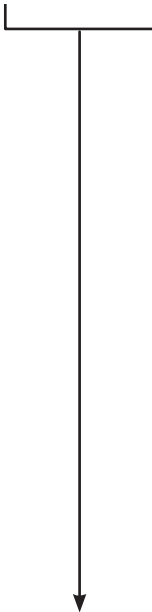
The next page shows the four main tests that need to be done:

- Your waist measurement
- Your blood pressure
- Your lipid (cholesterol) levels
- Your blood sugar levels

Waist Circumference

<94cm (M)	<90cm (M)
<80cm (F)	<80cm (F)
Europid	Asian

≥94cm (M)	≥90cm (M)
≥80cm (F)	≥80cm (F)
Europid	Asian



Repeat monitoring
– 3 monthly

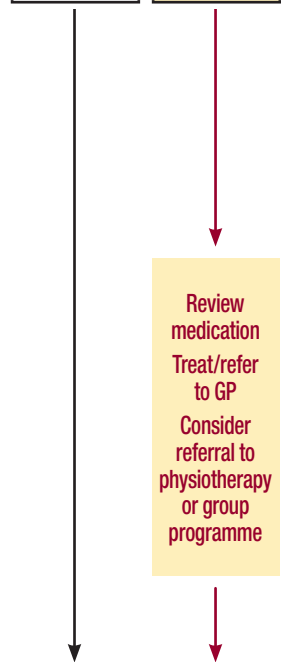
Within normal range – no action required

Further action needed

Treatment is required

Blood Pressure

<130mmHg	≥130mmHg
<85mmHg	≥85mmHg

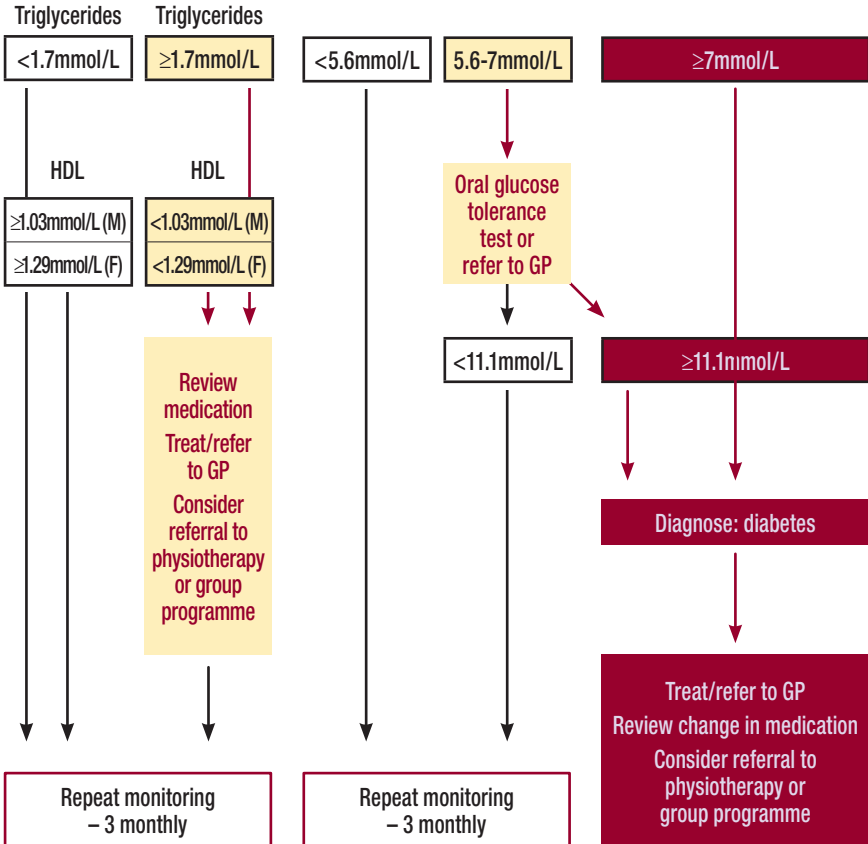


Repeat monitoring
– 3 monthly

(M) Male
(F) Female

Fasting Lipids

Fasting Blood Glucose



Based on Waterreus & Laugharne (2009).

Screening for the metabolic syndrome in patients receiving antipsychotic treatment: a proposed algorithm. *MJA*, 190 (4), 185-189.

Your doctor may prescribe medications to help improve the mental health problems that you have.

This section will outline the recommended tests that your doctors will do to help you to remain physically healthy as well.

- Many mental health medications can have adverse or unwanted side-effects.
- A lot of these side-effects will not occur, others will diminish over time, but some may not go away.
- If you experience any of these side-effects:

**DO NOT STOP TAKING YOUR MEDICATION.
TALK TO YOUR DOCTOR.**

- Remember, these are only possible side-effects. Most of them will not occur.
- Look up the medications you have been prescribed to see which tests you might need to have done.
- Also listed are over-the-counter drugs, foods and drinks to avoid as they may cause side effects when they interact with your medication. Always check with a pharmacist.
- Be sure to ask your doctor if any of the medications you might be taking for your physical health have side-effects that might alter your mood or mental health.
- Inform your family/carer(s) of possible side effects and over-the-counter drugs, foods and drinks that you need to avoid. This will allow them to have an understanding of what you are experiencing and how to better support you.

**KEEPING YOURSELF PHYSICALLY HEALTHY WILL HELP TO
IMPROVE YOUR MENTAL HEALTH.**

Antidepressants

Recommended Testing

- Blood Pressure
- Fasting Blood Glucose
- Urea and Electrolytes
- ECG
- Liver Function Tests

Selective Serotonin Reuptake Inhibitors – SSRIs

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Citalopram</i>	<i>Celica, Celexa, Cipramil, Celapram, Citalobell, Ciazil, Talohexal, Talam</i>
<i>Escitalopram</i>	<i>Lexapro, Esipram, Esitalo, Lexam, Loxalate</i>
<i>Fluoxetine</i>	<i>Prozac, Lovan, Fluohexal, Fluoxebell, Fluoxetine, Erocap, Auscap, Zactin</i>
<i>Fluvoxamine</i>	<i>Luvox, Faverin, Movox, Voxam</i>
<i>Paroxetine</i>	<i>Paxil, Aropax, Paxtine, Oxetine, Extine</i>
<i>Sertraline</i>	<i>Zoloft, Concorz, Eleva, Sertra, Setrona, Xydep</i>

Common Side-effects

Slow onset of medication (4-12 weeks), nausea, agitation, insomnia, drowsiness, tremor, dry mouth, diarrhoea, constipation, dizziness, headache, sweating, weakness, anxiety, weight loss initially, weight gain long term, sexual difficulties, inflammation in the nose (rhinitis), muscle aches (myalgia), rash.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- St John's Wort (*Hypericum perforatum*) – a herbal remedy
- Medications used to treat migraines and nausea caused by migraines: Sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)
- Medicines used to relieve pain, swelling and other symptoms of inflammation, arthritis, and medicines known to thin blood (anti-coagulants) and to prolong bleeding such as warfarin (e.g. Coumadin, Marevan), aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) (e.g. Disprin, Voltaren, Advil, Nurofen, Naprosyn)
- Medicines used to treat reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat fungal infections like Ketoconazole (e.g. Nizoral) and itraconazole (e.g. Sporanox)
- Weight-reducing medicines such as phentermine (e.g. Duromine, Metermine), sibutramine (e.g. Reductil)
- Alcohol
- Minimise intake of caffeine-containing foods and beverages e.g. coffee, tea, chocolate, cola

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Serotonin-Norepinephrine Reuptake Inhibitors – SNRIs

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Venlafaxine</i>	<i>Efexor, Efexor-XR</i>
<i>Desvenlafaxine</i>	<i>Pristiq</i>
<i>Duloxetine</i>	<i>Cymbalta</i>

Common Side-effects

Nausea, vomiting, anorexia, headache, sweating, rash, anxiety, dizziness, fatigue, syncope (fainting), tremor, high blood pressure (hypertension), insomnia, low blood sodium level (hyponatremia), agitation, sexual difficulties, sedation, dizziness when standing up (orthostatic hypotension), elevated cholesterol levels.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- St John's Wort (*Hypericum perforatum*) – a herbal remedy
- Medicines used to treat migraines and nausea caused by migraines such as Duloxetine and Sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)
- Anticoagulants, which are medicines used to thin the blood such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- Weight-reducing medicines such as phentermine (e.g. Duromine, Metermine), sibutramine (e.g. Reductil)

- Medicines used to treat reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat fungal infections like Ketoconazole (e.g. Nizoral) and itraconazole (e.g. Sporanox)
- Alcohol

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Norepinephrine Reuptake Inhibitors – NRIs (NARI's)

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

GENERIC NAME

Reboxetine

BRAND NAME

Edronax, Norebox, Vestra, Prolift, Solvex

Common Side-effects

Urinary retention, sweating, tingling or numbness, particularly in arms and legs (paraesthesia), constipation, dry mouth, increase in diastolic blood pressure, increase in heart rate, low libido, insomnia, headache, impotence, dizziness.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Medicines used to treat migraines and nausea caused by migraines such as Sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)
- Medicines used to treat fungal infections like Ketoconazole (e.g. Nizoral) and itraconazole (e.g. Sporanox)

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Monoamine Oxidase Inhibitors – MAOI's

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

GENERIC NAME

Phenelzine

Tranylcypromine

BRAND NAME

Nardil

Parnate

Common Side-effects

A dizzy spell after standing (Orthostatic hypotension), sleep disturbances, headache, fatigue, drowsiness, weakness, agitation, tremors, twitching, quick, involuntary muscle jerks (myoclonus), overactive reflexes e.g. twitching (hyper-reflexia), constipation, dry mouth, weight gain, impotence, loss of libido, elevated serum enzymes.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Nasal decongestants (e.g. tablets, drops or spray) and sinus medications
- Hay-fever medications e.g. Nyal
- Asthma inhalant medications such as theophylline (e.g. Rifadin, Rimycin) and aminophylline
- Anti-appetite and weight-reducing medicines such as sibutramine (e.g. Reductil), orlistat (e.g. Xenical) and phentermine (e.g. Duromine, Metermine)
- ‘Pep’ pills or stimulants e.g. Red Bull drinks
- Medications or foods containing tryptophan, tyrosine, and phenylalanine
- Foods that may have undergone protein changes by ageing, pickling, fermentation or smoking to improve flavour such as smoked or pickled fish, liver, dry sausage (including hard salami, pepperoni)
- Meat, fish, poultry, dairy products or pate that are stale or smell ‘off’
- Cheese or foods with a high tyramine content (cottage cheese and cream cheese are allowed) – avoid general foods made from cheese e.g. spreads, cheesecake, pizza, mornay sauce
- Yoghurt, sour cream
- Yeast extract (including brewer’s yeast such as home brewed beers or liqueurs), yeast spreads and protein extracts e.g. Vegemite, Marmite, Bonox, Bovri, meat stock cubes, packet soup
- Alcohol-free and reduced alcohol beer, red wine
- Soy bean products e.g. soy sauce, miso, tofu
- Avocado, banana skins, pods of broad beans (fava bean pods), sauerkraut
- Too much caffeine and chocolate

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Reversible Inhibitors of Monoamine Oxidase – RIMA's

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Moclobemide</i>	<i>Aurox, Manerix, Aurorix, Amira, Clobemix, Maosig, Mohexal</i>

Common to Infrequent

Nausea, dry mouth, anxiety, agitation, constipation, diarrhoea, insomnia, restlessness, dizziness, headache, sleepiness, tremor, visual disturbances, feelings of fullness (GI complaints), rash, intense itching (pruritus), hives (urticaria), flushing.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat migraines and nausea caused by migraines like sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Tricyclics

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Amitriptyline</i>	<i>Elavil, Endep, Tryptanol</i>
<i>Clomipramine</i>	<i>Anafranil, Placil</i>
<i>Dothiepin</i>	<i>Dothep, Prothiaden</i>
<i>Doxepin</i>	<i>Deptran, Sinequan</i>
<i>Imipramine</i>	<i>Tofranil, Tolerade, Melipramine</i>
<i>Nortriptyline</i>	<i>Allegron</i>
<i>Trimipramine</i>	<i>Surmontil</i>

Common Side-effects

Sedation, dry mouth, blurred vision, decreased secretion of tears (lacrimation), constipation, weight gain, a dizzy spell after standing up (orthostatic hypotension), fast heartbeat due to the rapid firing of the sinus node in the heart (sinus tachycardia), urinary hesitancy or retention, food is not digested and moved normally through the gastrointestinal tract (reduced GI motility), acute confused state (anticholinergic delirium) (particularly elderly, Parkinson's disease), impotence, loss of libido, other sexual side-effects, tremor, dizziness, sweating, agitation, insomnia, anxiety, confusion.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Medicines used to relieve stomach cramps, travel sickness, hayfever and allergies, coughs and colds that contain anticholinergics (e.g. Buscopan)
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)

- Medicines used to thin the blood (anticoagulants), such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- Antihistamines, cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Diuretic medicines, also called fluid or water tablets, like frusemide (e.g. Lasix, Uremide, Urex, Frusid, Frusehexal) a drug used to treat high blood pressure or to treat swelling of parts of the body caused by the build up of too much fluid
- Medicines used to treat skin, hair or nail infections due to fungus like Terbinafine (e.g. Lamisil, Sebifin, Tamsil, Terbihexal, Terbix, Zabel)
- Nicotine in medicines used to help you quit smoking, such as nicotine patches or chewing gum – tell your doctor if you smoke
- Weight-reducing medicines such as phentermine (e.g. Duromine, Metermine), and sibutramine (e.g. Reductil)
- Medicines containing atropine (e.g. Atropt, Atropine eye drops, Atropine sulphate injection) or medicines for Irritable Bowel Syndrome (e.g. Probanthine, Buscopan)
- Medicines containing adrenaline and noradrenaline (e.g. nasal drops, decongestants, some cough mixtures, some local anaesthetics), used for severe allergic conditions and emergencies
- Oestrogens (e.g. birth control pills, hormone replacement therapy)
- Medicines which cause sleepiness or reduce pain, and medicines that numb the skin such as lignocaine (e.g. Difflam, Logicin, Emla)
- Alcohol, 'Pep' pills or stimulants (e.g. Red Bull drinks)
- Be careful to stay out of direct sunlight as much as possible until you find out if your skin is more sensitive than usual. Wear protective clothing and use a sunscreen. Do not use a sunlamp

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Noradrenergic & Specific Serotonergic Antidepressant's – NaSSA's

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Mirtazapine</i>	<i>Remeron, Avanza, Mirtazon, Axit</i>

Common Side-effects

Increased appetite, weight gain, sedation, loss of strength (asthenia), swelling of the ankles, feet or fingers (peripheral oedema), dry mouth, weakness.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Medicines used to treat migraines and nausea caused by migraines like sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat fungal infections such as ketoconazole (e.g. Nizoral) and itraconazole (e.g. Sporanox),
- Medicines used to thin the blood (anticoagulants) such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- St John's Wort (*Hypericum perforatum*) – a herbal remedy

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Anxiolytics

Recommended Testing

- Blood Pressure
- Fasting Blood Glucose
- Urea and Electrolytes
- ECG
- Liver Function Tests

Benzodiazepines

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

GENERIC NAME

Alprazolam
Bromazepam

Clobazam
Clonazepam
Diazepam

Flunitrazepam
Lorazepam
Midazolam
Nitrazepam
Oxazepam
Temazepam

Triazolam

BRAND NAME

Xanax, Alprax, Kalma
Brazepam, Bromaze, Lexotan, Lectopam
Frisium
Klonopin, Paxam, Rivotril
Valium, Antenex, Ducene, Valpam, Ranzepam
Hypnodorm, Rohypnol
Ativan
Hypnovel
Mogadon, Alodorm
Serepax, Murelax, Alepam
Euhypos, Normison, Temaze, Temtabs
Halcion

Common Side-effects

Drowsiness, over-sedation, light-headedness, memory loss, excessive secretion of saliva (hypersalivation), unsteady movements (ataxia), slurred speech, risk of dependence.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Medicines used to prevent or relieve the symptoms of allergy such as hay fever (antihistamines) e.g. Claratyne, Codral, Demazin, Dimetapp
- Alcohol
- Medicines used to treat reflux and stomach ulcers like cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Sleeping tablets, sedatives, muscle relaxants
- Some pain relievers
- Some medicines used to treat bacterial infections
- Some medicines used to relieve stomach cramps, travel sickness, hay fever and allergies, coughs and colds (anticholinergics) (e.g. Buscopan)
- Medicines used to treat fungal infections such as ketoconazole (e.g. Nizoral), fluconazole (e.g. Canesoral, Diflucan, Dizole, Ozole), and itraconazole (e.g. Sporanox),
- Medicines used to treat asthma such as theophylline (e.g. Nuelin) and aminophylline
- Oral contraceptives
- Grapefruit juice

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Mood Stabilisers/ Antipsychotics

Recommended Testing

- Blood Pressure
- Fasting Blood Glucose
- ECG
- Liver Function Tests
- Urea and Electrolytes
- Full Blood Picture
- Abnormal Involuntary Movement Scale (AIMS)

Additional test for amisulpride, risperidone, and olanzapine:

- Serum Prolactin

Additional test for quetiapine:

- Thyroid Stimulating Hormone

Mood Stabilisers / Anticonvulsants

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Gabapentin</i>	<i>Neurontin, Gabahexal, Gabaran, Gabatine, Gantin, Nupentin, Pendine</i>
<i>Pregabalin</i>	<i>Lyrica</i>
<i>Topiramate</i>	<i>Topamax, Epiramax, Tamate Tiagabine</i>
<i>Lamotrigine</i>	<i>Gabitril</i>
	<i>Lamictal, Elmendos, Lamidus, Lamogine, Lamotrust</i>

Common Side-effects

Double vision (diplopia), blurred vision, dizziness, unsteady movements (ataxia), headache, sleepiness (somnolence), hyperactivity (hyperkinesias), nausea, vomiting, maculopapular rash (a specific type of rash), weight gain, diarrhoea, difficulty in articulating words (dysarthria), lethargy, memory impairment, euphoria, tremor, constipation, dry mouth, swelling of the ankles, feet or fingers (peripheral oedema), insomnia, (topiramate – reduced serum bicarbonate, kidney stones (nephrolithiasis), low white blood cell count (leucopenia)).

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Antacids and medicines used to treat heartburn, reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (Nexium), lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Pain relievers such as Oxycodone (e.g. Endone, Oxycontin, Oxynorm, Proladone, Targin), morphine, or codeine (e.g. Codral), and pain relievers called opioid analgesics (e.g. Tramadol, Mersyndol, Panadeine Forte)
- Antihistamines for allergies, cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Any medicines that slow down your reactions. This may include medicines to help you sleep or relieve pain, antidepressants, tranquillisers or antihistamines which can make you drowsy (e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Oral contraceptives (e.g. the pill), Hormonal Replacement Therapy (HRT)
- Alcohol

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Antipsychotics

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Olanzapine</i>	<i>Zyprexa</i>
<i>Quetiapine</i>	<i>Seroquel</i>
<i>Amisulpride</i>	<i>Solian, Amipride, Sulprix</i>
<i>Aripiprazole</i>	<i>Abilify</i>
<i>Risperidone</i>	<i>Risperdal, Ozidal, Resdone, Rispa, Rixadone</i>
<i>Ziprasidone</i>	<i>Geodon, Zeldox</i>
<i>Chlorpromazine</i>	<i>Thorazine, Largactil</i>
<i>Fluphenazine</i>	<i>Anatensol, Modecate, Prolixin, Prolixin Decanoate</i>
<i>Haloperidol</i>	<i>Haldol, Haldol Decanoate, Serenace</i>
<i>Droperidol</i>	<i>Droleptan</i>
<i>Flupenthixol</i>	<i>Fluanxol</i>
<i>Paliperidone</i>	<i>Invega</i>
<i>Pericyazine</i>	<i>Neulactil</i>
<i>Trifluoperazine</i>	<i>Vesprin, Stelazine</i>
<i>Zuclopenthixol</i>	<i>Clopixol</i>

Common Side-effects

Sedation, anxiety, agitation, a dizzy spell upon standing (orthostatic hypotension), fast heart rate (tachycardia), blurred vision, moderate to marked weight gain, pupil dilation (mydriasis), constipation, nausea, dry mouth, urinary retention, sexual difficulties, high levels of prolactin in the blood (hyperprolactinaemia) may result in the secretion of breast milk in people who are not breastfeeding (galactorrhoea), development of breasts in males (gynaecomastia), absence of menstrual flow (amenorrhoea) or infertility.

Extrapyramidal Side-effects

Muscle contractions, spasms (Dystonias), inner restlessness and the urge to physically move (akathisia), Parkinsonism, involuntary jerky movements of the face, jaws, tongue, trunk and limbs (tardive dyskinesia).

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

Speak to your doctor or pharmacist to find out which items on the list below specifically relate to the drug/s you are taking

- Alcohol
- Sleeping tablets, sedatives
- Some medicines used to treat bacterial infections such as ciprofloxacin (e.g. Cifran, Ciloxan eye and ear drops, Ciprol, Ciproxin)
- A medicine used to treat fungal infections – Ketoconazole (e.g. Nizoral)
- Antihistamines for allergies, cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Diuretic medicines, also called fluid or water tablets, like frusemide (e.g. Lasix, Uremide, Urex, Frusid, Frusehexal) a drug used to treat high blood pressure or to treat swelling of parts of the body caused by the build up of too much fluid
- Medicines used to treat reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet, Magicul, Sandimmun), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (Nexium), lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat nausea and vomiting such as prochlorperazine (e.g. Stemetil, Stemizine), Metoclopramide (e.g. Maxolon, Metomax, Pramin)
- Anticoagulants, which are medicines used to thin the blood such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- Anticholinergics, found in some medicines used to relieve stomach

- cramps, travel sickness, hayfever and allergies, coughs and colds (e.g. Buscopan) (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Pain relievers such as oxycodone (e.g. Endone, Oxycontin, Oxynorm, Proladone, Targin), morphine, or codeine (e.g. Codral), pain relievers called opioid analgesics (e.g. Tramadol, Mersyndol, Panadeine Forte)
 - Antacid, used to treat stomach upsets
 - Medicines used to relieve pain, swelling and other symptoms of inflammation, arthritis, and medicines known to thin blood (anti-coagulants) and to prolong bleeding such as warfarin (e.g. Coumadin, Marevan), aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) e.g. Disprin, Voltaren, Advil, Nurofen, Naprosyn, Glucocorticoids (steroid hormones) (e.g. Predsone, Panafcorte, Solone)
 - Adrenaline, a medicine used in emergency situations
 - A medicine used to treat worm infections – Piperazine (e.g. General, Ogen)
 - Certain medicines that are used to treat infections such as erythromycin (e.g. E-Mycin, Eryacne, Eryc), gatifloxacin (e.g. Zymar, Tequin), and moxifloxacin (e.g. Avelox)
 - Asthma inhalant medications such as ipratropium (e.g. Aeron, Apoven, Atrovent, Ipravent)
 - Stimulant laxatives
 - Grapefruit juice – Quetiapine, Aripiprazole
 - ‘Pep’ pills or stimulants e.g. Red Bull drinks
 - Smoking, nicotine, tobacco smoke
 - Be careful to stay out of direct sunlight as much as possible as exposure to sunlight may cause a skin rash, itching, redness or severe sunburn. Wear protective clothing and use a sunscreen. Do not use a sunlamp
 - May affect the way your body reacts to temperature changes
 - Eye sensitivity to sunlight

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST
KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING,
INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION
FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

Specific Drug Monitoring

To maintain good physical health, certain medications will need additional tests and monitoring as they are slightly different to general antipsychotics or mood stabilisers.

Your doctor will explain why these extra tests are necessary, and how often they need to be conducted.

At the end of this diary, you can keep a record for yourself of your test results and when your next tests are due.

Separate monitoring is suggested for:

- Carbamazepine
- Lithium Carbonate
- Valproic Acid
- Clozapine

Carbamazepine

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other.

Recommended Testing

- Blood Pressure
- Full Blood Picture
- Urea and Electrolytes
- Thyroid Stimulating Hormone
- Fasting Blood Glucose
- Serum Carbamazepine
- Liver Function Tests

The brand names for carbamazepine are Tegretol, Teril, Equetro, and Carbatrol.

Common Side-effects

Drowsiness, unsteady movements (ataxia), blurred vision, double vision (diplopia), headache, rash, dry mouth, abdominal pain, nausea, vomiting, anorexia, diarrhoea, constipation, low sodium blood levels (asymptomatic hyponatraemia), a decrease in number of white blood cells (leucopenia), a low platelet count in the blood (thrombocytopenia), increased liver enzymes.

Severe Skin Reactions

Scaly, reddish, inflamed skin (exfoliative dermatitis); Stevens-Johnson syndrome and rash, skin peeling and sores (toxic epidermal necrolysis) – may also occur as part of multi-organ hypersensitivity syndrome. Serious reactions generally occur within the first few months of treatment and are more common in people of Asian ancestry.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Sleeping tablets, sedatives, muscle relaxants such as dantrolene (e.g. Dantrium), oxybutynin (Ditropan, Oxytrol)
- Some pain relievers such as ibuprofen (e.g. Advil, Brufen, Dimetapp, Herron Blue, Neurofen, Sudafed), paracetamol (e.g. Panadol, Codral, Demazin, Dymadon), dextropropoxyphene (e.g. Capadex, Di-Gesic, Doloxene, Paradex) and tramadol (e.g. Durotram, Lodam, Tramahexal, Tramal, Tramdeo, Zydol)
- Anticoagulants, which are medicines used to thin the blood such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- Diuretic medicines, also called fluid or water tablets, like frusemide (e.g. Lasix, Uremide, Urex, Frusid, Frusehexal) a drug used to treat high blood pressure or to treat swelling of parts of the body caused by the build up of too much fluid.
- Some antibiotics and antifungal medicines used to treat infections such as Ketoconazole (e.g. Nizoral), clarithromycin (e.g. Clarac, Clarihexal, Klacid), erythromycin (e.g. E-Mycin, Eryc), doxycycline (Doryx, Doxsig, Doxylin, Frakas), itraconazole (e.g. Sporanox), fluconazole (e.g. Aspen, Canesoral, Diflucan, Dizole, Fluzole, Ozole), voriconazole (e.g. Vfend), rifampicin (e.g. Rifadin, Rimycin)
- St John's Wort (*Hypericum perforatum*) – a herbal remedy
- Antihistamines, medicines used to prevent or relieve the symptoms of allergy such as hay fever (e.g. Claratyne, Codral, Demazin, Dimetapp)
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Some medicines used to treat asthma such as Theophylline (e.g. Rifadin, Rimycin) and aminophylline
- A medicine used to treat nausea and vomiting – Metoclopramide (e.g. Anagrain, Maxolon, Metomax, Pramin)
- A medicine used to treat acne – Isotretinoin (e.g. Isotrex, Oratane, Roaccutane)
- A vitamin called nicotinamide

- A medicine used to treat worm infections – Praziquantel (e.g. Biltricide)
- Hormone Replacement Therapy (HRT), hormonal contraceptives, and medicines containing oestrogen or progesterone
- Grapefruit juice
- Alcohol
- Be careful to stay out of direct sunlight as much as possible until you find out if your skin is more sensitive than usual. Wear protective clothing and use a sunscreen. Do not use a sunlamp.

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.



Lithium Carbonate

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other.

Recommended Testing

- Blood Pressure
- Full Blood Picture
- Urinalysis
- Fasting Blood Glucose
- Thyroid Stimulating Hormone
- Urea and Electrolytes
- Serum Lithium
- ECG

The brand names for lithium carbonate are Lithicarb and Quilonum.

Common Side-effects

Metallic taste, nausea, diarrhoea, epigastric discomfort (upper middle part of the abdomen), weight gain, fatigue, headache, dizziness (vertigo), tremor, acne, skin disease (psoriasis), excessive urination (polyuria), an increase in white blood cell count (leucocytosis), a low production of thyroid hormones (hypothyroidism), benign T wave changes on ECG.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Diuretic medicines, also called fluid or water tablets, like frusemide (e.g. Lasix, Uremide, Urex, Frusid, Frusehexal) a drug used to treat high blood pressure or to treat swelling of parts of the body caused by the build up of too much fluid.
- Medicines used to treat asthma such as theophylline (e.g. Rifadin, Rimycin) and aminophylline
- Non-steroidal anti-inflammatory drugs such as indomethacin (e.g. Arthrexin, Indocid) and piroxicam (Feldene, Mobilis), as well as 'COX II inhibitors' such as celecoxib (e.g. Celebrex) and rofecoxib
- Weight-reducing medicines such as phentermine (e.g. Duromine, Metermine), and sibutramine (e.g. Reductil)
- Medicines that contain a steroid such as prednisolone (e.g. Panafcortelone, predMix, Prednefrin Forte Eye Drops, Predsol, Predsolone, Redipred, Scheriproct ointment, Solone)

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST
KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING,
INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION
FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

Valproic Acid

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other.

Recommended Testing

- Blood Pressure
- Fasting Blood Glucose
- Full Blood Picture
- Liver Function Tests
- Prothrombin Time
- Valproic Acid
- ECG

The brand names for Valproic Acid are Epilim, Valpro, and Valprease.

Common Side-effects

Nausea, vomiting, increased appetite, weight gain, tremor (dose-related), abnormal skin sensations e.g. tingling, tickling, itching, burning (paraesthesia), drowsiness, unsteady movements (ataxia), elevated liver transaminase concentrations (dose-related), excess ammonia in the blood (asymptomatic hyperammonaemia).

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Anticoagulants, which are medicines used to thin the blood such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro) and other salicylates (pain relievers) (e.g. Arthrirub oil, Blistex, Bonjela, ChapStick Ultra SPF 30+, Deep Heat, Dencorub, Goanna, Metsal, Rubesal cream or spray)
- Oral contraceptives – should have little effect on the oral contraceptive pill, however, you should let your doctor know that you are taking it
- Medicines used to treat reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet, Magicul, Sandimmun), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (Nexium), lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Alcohol

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Clozapine

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other.

Recommended Testing

- Blood Pressure
- Fasting Blood Glucose
- Full Blood Picture
- Blood Type
- ECG
- Echocardiogram
- Liver Function Test
- Urea and Electrolytes
- Troponin T
- Pulse
- Temperature

The brand names for clozapine are Clopine, Clozaril, CloSyn, and Clozapine

Common Side-effects

Drowsiness, increased salivation (hypersalivation – can cause aspiration pneumonia), constipation, seizures, headache, tachycardia (fast heartbeat), high fever (hyperpyrexia), hepatitis, blood disorder (neutropenia), weight gain, nausea, vomiting, urinary retention, urinary incontinence.

REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.

Over-the-Counter Medications, Foods and Beverages to Avoid:

- Strong pain relievers
- Antihistamines, medicines used to prevent or relieve the symptoms of allergy such as hay fever (e.g. Claratyne, Codral, Demazin, Dimetapp)

- Anticholinergics, found in some medicines used to relieve stomach cramps, travel sickness, hayfever and allergies, coughs and colds (e.g. Buscopan) (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- A medicine which may be used in some eye drops to dilate the pupil of the eye or cough preparations, used for spasms – Atropine (e.g. Atropt, Lofenoxal, Lomotil, Minims),
- Adrenaline, a medicine used in emergency situations
- Medicines used to relieve pain, swelling and other symptoms of inflammation, arthritis, and medicines known to thin blood (anti-coagulants) and to prolong bleeding such as warfarin (e.g. Coumadin, Marevan), aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) e.g. Disprin, Voltaren, Advil, Nurofen, Naprosyn
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Sleeping tablets, sedatives, muscle relaxants such as dantrolene (e.g. Dantrium), oxybutynin (Ditropan, Oxytrol)
- Medicines used to treat fungal infections such as Ketoconazole (e.g. Nizoral)
- St John's Wort (*Hypericum perforatum*) – a herbal remedy
- Minimise intake of caffeine-containing foods and beverages e.g. coffee, tea, chocolate, cola
- Nicotine in medicines used to help you quit smoking, such as nicotine patches or chewing gum – tell your doctor if you smoke
- Alcohol
- May affect the way your body reacts to temperature changes

ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.

Your Medication Record					
Doctor's Name:					
Doctor's Telephone Number :					
Date Started /Dose Changed	Medication Name	Strength	Times Per Day	Positive Effects	Side Effects

Your Medication Record

Date Started /Dose Changed	Medication Name	Strength	Times Per Day	Positive Effects	Side Effects

	Baseline	3 Months	6 Months	9 Months
Date				
Blood Pressure	/	/	/	/
Fasting Blood Sugar Levels				
Glucose Tolerance Test				
Liver Function Test				
Vitamin D Level				
Urea and Electrolytes				
Electro-cardiogram (ECG)				

	12 Months	15 Months	18 Months	21 Months
Date				
Blood Pressure	/	/	/	/
Fasting Blood Sugar Levels				
Glucose Tolerance Test				
Liver Function Test				
Vitamin D Level				
Urea and Electrolytes				
Electro-cardiogram (ECG)				

	24 Months	27 Months	30 Months	33 Months
Date				
Blood Pressure	/	/	/	/
Fasting Blood Sugar Levels				
Glucose Tolerance Test				
Liver Function Test				
Vitamin D Level				
Urea and Electrolytes				
Electro-cardiogram (ECG)				

	36 Months	39 Months	42 Months	45 Months
Date				
Blood Pressure	/	/	/	/
Fasting Blood Sugar Levels				
Glucose Tolerance Test				
Liver Function Test				
Vitamin D Level				
Urea and Electrolytes				
Electro-cardiogram (ECG)				



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

**Community, Culture and Mental Health Unit
School of Psychiatry and Clinical Neurosciences**

The University of Western Australia
Fremantle Hospital
L6, W Block, Alma Street
Fremantle, WA 6160

Tel +61 8 9431 3467

Fax +61 8 9431 3407

Web www.psychiatry.uwa.edu.au/research/community-culture

CRICOS Provider Code: 00126G