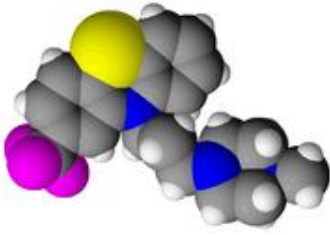


Trifluoperazine (pron. try-flew-o-pair-a-zeen)



What is trifluoperazine?

Trifluoperazine (also known as Stelazine[®]) is mainly used to help treat the symptoms of psychosis, schizophrenia, agitation and being too high, and to prevent these symptoms coming back. It is one of a group of medicines called antipsychotics or neuroleptics.

What does trifluoperazine help?

Trifluoperazine can help many symptoms. These can include psychosis (losing touch with reality) which can include hallucinations (seeing or hearing things that aren't there), delusions (thinking something is true when it isn't) and mania (having too much energy, not sleeping and being agitated). Trifluoperazine can also help aggression and other symptoms.

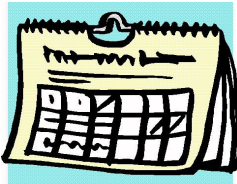
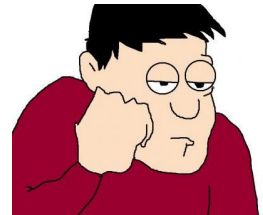


How and when should I take trifluoperazine?

Swallow the tablets with at least half a glass of water whilst sitting or standing. This is to make sure that they reach the stomach and do not stick in your throat. Taking it at mealtimes may make it easier for you to remember as there is no problem about taking trifluoperazine with or after food. If the label says to take it once a day this is usually best at bedtime as it may make you drowsy at first.

How long will I have to wait before it works?

This will depend on what you are taking it for but the effect usually starts in a few days or a week or so. It can then build over several weeks.

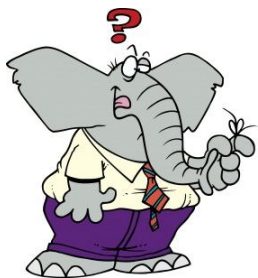


How long will I need to keep taking trifluoperazine for?

This will depend on what you are taking it for. It may be for several months or years.

Can I stop taking trifluoperazine suddenly?

It is better not to do this without talking it over first with other people e.g. relatives or your doctor, nurse or pharmacist. Things normally work out much better if you stop medication in a planned way. Your symptoms can return if treatment is stopped too early. This may occur some weeks or even months after trifluoperazine has been stopped. When the time comes, you should withdraw trifluoperazine by a gradual reduction in the dose over several weeks.



What should I do if I forget to take a dose of trifluoperazine?

Take the missed dose as soon as you remember unless it is within about 4-6 hours of your next dose. If you remember after this just take the next dose as normal. Do not try to catch up by taking two doses at once as you may get more side-effects.







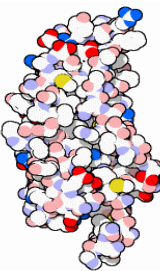

Can I cycle or drive while I am taking trifluoperazine ?

You may feel a bit light-headed or dozy when you first start taking trifluoperazine. Until this wears off, or you know how trifluoperazine affects you, be careful cycling and, if you are old enough, do not drive or operate machinery.



What sort of side-effects might I get with trifluoperazine?

The table below will show you some of the main side effects you might get from trifluoperazine, and what you can do about them. The more common ones are near the top of the list.

	<p>Movement disorders (extra-pyramidal side effects). Having shaky hands or stiff muscles. Your eyes and tongue may move on their own. It is not usually dangerous but is a well known side effect. If it is distressing or worries you, tell your doctor. He or she may be able to give you a medicine for it.</p>	 <p>Sleepiness Feeling sleepy or sluggish. This can last for a few hours or longer after taking a dose. Don't drive or use machinery. Ask your doctor if you can take trifluoperazine at a different time of day. It should wear off after a while. If not, ask your doctor or nurse about this.</p>
	<p>Dry mouth. You may have not much saliva or spit. Suck sugar-free gum or boiled sweets. If it is bad, your doctor may be able to give you a mouth spray.</p>	 <p>Blurred vision. Things look fuzzy and you can't focus your eyes properly. Don't drive. See your doctor if you are worried.</p>
	<p>Feeling dizzy, light-headed or faint, especially when you stand up. Do not stand up too quickly. Try and lie down when you feel it coming on. Do not cycle or drive.</p>	 <p>Weight gain. Feeling more hungry. Eating more and putting on weight. A diet full of vegetables and fibre may help prevent weight gain.</p>
	<p>Raised prolactin. It can affect breasts (including milk being leaked) and irregular or no periods in females. Problems can also happen in males but are less obvious. Discuss this with your doctor when you next see him or her. You may need a blood test.</p>	 <p>Constipation. When you want to poop but can't (the opposite of diarrhoea). Make sure you eat enough fibre, cereals or fruit. Make sure you drink enough fluid. If this does not help, ask your doctor or pharmacist for a mild laxative.</p>

Do not be worried by this list of side effects. Some people get no side effects at all and others may get some effects that are not listed in this table. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist. If you want to know more, go to our website for links to other websites with more information.

The small print: This leaflet is to help you understand about your medicine. You should also read the manufacturer's Patient Information Leaflet (PIL). You may find lots more on the internet but beware as internet-based information is not always accurate. Do not share medicines with anyone else. Go to our website for fuller answers to these and many other questions e.g. driving, women's health, how it works, doses and interactions, and about the conditions. The "Handy charts" will help you compare the main medicines for each condition, how they work and their side effects.