Olanzapine (Zyprexa®; Zyprexa Zydis®)

Olanzapine is most often used to treat psychosis or mania.

What forms does olanzapine come in?
• Tablets
• Quick-dissolving tablets

What symptoms will olanzapine help with?
• Olanzapine treats different symptoms depending on why it is being used. Symptoms will be different from person to person.
• Symptoms of psychosis may include:
  › Hearing or seeing things that are not real (hallucinations); false beliefs, such as thinking that someone is after you or that you have special powers (delusions); finding it hard to think clearly; getting frustrated or agitated more easily than usual; loss of interest in yourself or others; becoming withdrawn or staying away from others.
• Symptoms of mania may include:
  › Feeling like you need less sleep; becoming more talkative, more active, or more irritable; being easily distracted; feeling important, powerful, or invincible.
• There may be other reasons olanzapine was chosen for you. Talk to your doctor or nurse to learn why it was prescribed for you.

How quickly will olanzapine work?
• Many symptoms get better quite quickly (hours to days) and others get better over time (weeks to months).
• Frustration and agitation can improve quickly.
• Your sleep and mood should improve within the first week or so.
• Slowly over 2-8 weeks, your thoughts will become more clear and organized.
• Increased interest in yourself and things you used to enjoy is often slower, sometimes taking months.
How long should I take olanzapine for?
- This depends on why you are taking olanzapine and how well it works for you. Long-term use is common when olanzapine is used to treat psychosis.
- Olanzapine helps to treat your symptoms and to keep them from coming back.
- Stopping olanzapine should be done with the support and advice of your doctor. You may become unwell again if you stop taking it.

What are the possible side effects of olanzapine?
- Some side effects start early and go away. Other side effects only start after taking olanzapine for some time.
- Some side effects are mild and others are more serious.
- It is recommended that you talk about side effects with your doctor, nurse, or pharmacist regularly, including at the start of your treatment and throughout.
  - **Common:** sleepiness, constipation, blurry vision, headache, increased hunger, weight gain, changes in cholesterol and/or blood sugar, restlessness, increased heart beat
  - **Less common:** dry mouth, dry eyes, dizziness on standing, sexual dysfunction, tremor, muscle stiffness, stuffy or runny nose, confusion
  - **RARE/SERIOUS - GET HELP RIGHT AWAY if you have any of these side effects:** rash, severe headache, fainting, breathing fast, fever, confusion, sudden weakness, sore mouth, gums, or throat, going more than a couple of days without peeing or having a bowel movement, muscle pain, involuntary muscle movements (usually in your tongue and lips), sudden numbness, difficulty seeing and/or speaking

What else do I need to know about olanzapine?
- The rapid-dissolving tablet should be placed on the tongue. It will dissolve quickly and may be swallowed with or without water.
- It may increase the effects of alcohol.
- It may affect your body’s ability to control body temperature. If this happens, avoid hot and humid places and talk to your doctor, nurse, or pharmacist.
- Let your doctor know if you think you are pregnant, plan to become pregnant, or are breastfeeding.
- Check with your doctor or pharmacist before starting any new medications, including ones you buy at the drugstore and any natural health products or supplements you may be using.

The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute healthcare or medical advice. If you have any questions, please ask your healthcare provider. If you have ANY questions about your medication, please ask your doctor, nurse, or pharmacist.