

# DEPRESCRIBING: REDUCING MEDICATIONS SAFELY TO MEET LIFE'S CHANGES

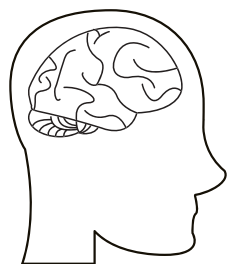
## FOCUS ON ANTIPSYCHOTICS



**As life changes, your medication needs may change as well. Medications that were once good for you, may not be the best choice for you now.**

**Deprescribing** is a way for health care providers to help you safely cut back on medications.

### WHAT ARE ANTIPSYCHOTICS?



- Drugs used to treat problems like behavioural and psychological symptoms of dementia (BPSD), difficulty sleeping or psychiatric conditions like bipolar disorder and schizophrenia

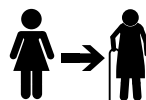
- Examples include:

- |                               |                           |                            |
|-------------------------------|---------------------------|----------------------------|
| • Chlorpromazine              | • Aripiprazole (Abilify®) | • Paliperidone (Invega®)   |
| • Haloperidol (Haldol®)       | • Clozapine (Clozaril®)   | • Quetiapine (Seroquel®)   |
| • Loxapine (Xylac®, Loxapac®) | • Olanzapine (Zyprexa®)   | • Risperidone (Risperdal®) |

### WHY CONSIDER REDUCING OR STOPPING AN ANTIPSYCHOTIC BEING USED FOR BPSD OR INSOMNIA?



- Antipsychotics can cause balance problems, falls, spasms, tremors, jerky movements, fatigue and dry mouth



- Some taking antipsychotics for BPSD could take them for short periods but remain on them for years



- There is little evidence that antipsychotics are useful or safe for insomnia



- The risk of harm is higher with longer antipsychotic use, and in older people

### HOW TO SAFELY REDUCE OR STOP AN ANTIPSYCHOTIC



- Ask your health care provider to find out if deprescribing is for you; never reduce or stop an antipsychotic on your own



- Tell your health care provider about the antipsychotic deprescribing algorithm, available online: <http://deprescribing.org/resources/deprescribing-guidelines-algorithms/>



- Download the antipsychotic patient information pamphlet, available online: <http://deprescribing.org/resources/deprescribing-information-pamphlets/>

**Ask questions, stay informed and be proactive.**