

奥氮平

Olanzapine (say: o-lanz-a-pean)

Mandarin Chinese

奥氮平有何用途？

- 奥氮平 (Olanzapine, 又名 Zyprexa®等) 主要用于治疗精神病、精神分裂症和躁郁症的症状, 并防止这些症状的复发。
- 奥氮平有时也可用于治疗进食障碍。

奥氮平本品为

- 片剂
- 口含片或威化片
- 长效针剂 (Zypadhera®或)
- 短效针剂

奥氮平的常用剂量是多少？

- 奥氮平的常用剂量为每天 10-20 毫克。
- 老年人的剂量应该更低。
- 长效针剂起始剂量一般为每两周 210-300mg, 或每 4 周 405mg。
- 两个月后, 您的剂量应降至每 2 周 150-300mg 或每 4 周 300-405mg
- 如果您吸烟, 则您需要的剂量可能会稍高一些; 如果您戒烟, 则需要**较低**的剂量。

我应该如何以及何时服用奥氮平？

- 坐下或站立时, 用至少半杯水将片剂吞下。
- 如果标签上说每天服用一次, 则最好是睡前服用, 因为最初它可能会让您困倦。
- 奥氮平可以跟或不跟食物一起服用, 但在进餐时服用可能会让您更容易记住。
- 只需将口溶片剂放在舌头上, 它们将会迅速溶解。
- 长效针剂将由健康专业人员负责注射。

English

What is olanzapine used for?

- Olanzapine (also known as Zyprexa® and others) is mainly used to help treat the symptoms of psychosis, schizophrenia and bipolar mania, and to help stop these returning
- Olanzapine can also sometimes be used to help eating disorders.

It is made as:

- Tablets
- Melt-in-the-mouth or wafer tablets
- A long-acting or depot injection (Zypadhera®)
- A short-acting injection.

What is the usual dose of olanzapine?

- The usual dose of olanzapine tablets is around 10-20mg a day
- It should be much lower in older people.
- For the long-acting injection the usual starting dose is 210-300mg every two weeks or 405mg every 4 weeks
- After two months your dose should go down to 150-300mg every 2 weeks or 300-405mg every four weeks
- You may need a slightly higher dose if you smoke, or a **lower** dose if you **stop** smoking.

How and when should I have olanzapine?

- Swallow the tablets with at least half a glass of water whilst sitting or standing
- If the label says to take it once a day this may be best at bedtime as it may make you sleepy at first
- Olanzapine can be taken with or without food, but taking it at mealtimes may make it easier for you to remember
- Just put the melt-in-the-mouth tablets on your tongue and they will dissolve quickly
- The long-acting injection will be given to you by a health professional.

奥氮平多久会起作用？

- 可能会在两三天内起作用，但效果要在之后几个星期内累积。

我需要持续服用奥氮平多长时间？

- 这将取决于您服用该药的目的是什么。
- 请向您的医生咨询此事。

我可以突然停止服用奥氮平吗？

- 奥氮平不会上瘾，但不要突然停止服用，即使您感觉已变好。
- 如果过早停止服用奥氮平，您的症状可能会复发。
- 这可能在停药数周甚至数月后才会出现。

如果我忘记按时服用奥氮平该怎么办？

- 除非是在您下次服药的 12 小时之内，否则尽快补服该剂量。
- 如果在此之后您才记起，则如常服用下次剂量。
- 不要试图一次服用两剂，您可能会出现更多副作用。
- 如果您漏打一次长效针剂，请联系您的团队，再安排一次注射。
- 下次您可能需要稍微不同的剂量，以确保您的症状不会复发。

我可以在服用奥氮平期间饮酒吗？

- 如果您在服用奥氮平期间饮酒，您可能会觉得更困。

我可以在服用奥氮平期间驾车、骑自行车或操作船只吗？

- 服用奥氮平刚开始时，您可能会觉得有点困。
- 这可能会放慢您的反应时间。
- 直到此副作用消退之后，或者您知道奥氮平会如何影响到您，请勿开车或操作机械。

How long will olanzapine take to work?

- It can start to work in a couple of days and the effect should build over the next few weeks.

How long will I need to keep having olanzapine for?

- This will depend on what you are taking it for
- Talk to your doctor about this.

Can I stop having olanzapine suddenly?

- Olanzapine is not addictive but do not stop taking it suddenly, even if you feel better
- Your symptoms can return if olanzapine is stopped too early
- This may occur weeks or even months after stopping.

What should I do if I forget to have a dose of olanzapine at the right time?

- Take the missed dose as soon as you remember unless it is within about 12 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.
- If you miss a long-acting injection contact your team to fix up another injection
- You may need a slightly different dose next time to make sure your symptoms do not come back.

Can I drink alcohol while I am having olanzapine?

- If you drink alcohol while taking olanzapine it may make you feel more sleepy.

Can I drive, cycle or operate a boat while I am having olanzapine?

- You may feel a bit sleepy at first when taking olanzapine
- It may slow down your reaction times
- Until this wears off, or you know how olanzapine affects you, do not drive or operate machines.

如果我服用奥氮平可能会有哪些副作用？

大多数人会出现如下症状：

- 嗜睡。
- 体重增加。

一些人还会出现如下症状：

- 站起来时感觉头晕。
- 便秘。
- 脚踝肿胀。
- 口干。
- 糖尿病。

如果您出现如下症状，请尽快去看医生：

- 胸部疼痛、呼吸短促、昏厥（通常只在老年人中发生）。
- 发烧、肌肉僵硬、心跳加速（特别是如果您刚刚改变剂量）。
- 扩散的严重皮疹。
- 注射长效针剂后 3 小时内会感到非常困倦。

不要担心这些副作用。对于有些人完全没有出现副作用，对于有些人可能出现这里没有列出的一些副作用。如果您认为自己可能出现药物副作用，请咨询您的开药医师、护士、药剂师或其他医护人员。

附属细则：本资料小手册旨在帮助您了解您的药物。您也应阅读制造商的患者信息宣传单（PIL）或浏览我们的网站，了解更多信息。请勿与任何人分享药物。

What sort of side-effects might I get if I am having olanzapine?

Most people get:

- Sleepiness
- Weight gain.

A few people also get:

- Feeling dizzy when you stand up
- Constipation
- Swollen ankles
- Dry mouth
- Diabetes.

See your doctor as soon as possible if you get:

- Chest pain, being short of breath, fainting (usually only in older people)
- Fever, muscle stiffness, fast heart beat (especially if you have just had a change in dose).
- A bad rash that spreads
- Feeling very sleepy up to 3 hours after a long-acting injection.

Please see the leaflet that comes with the medicine for the full list of side effects but do not be too worried by this. Some people get no side effects at all. If you think you have a problem with side effects, ask your prescriber, nurse, pharmacist or other healthcare professional.

The small print: This short leaflet is to help you understand about your medicine. You should also read the manufacturer's leaflet or visit our choice and medication website for more information. Do not share medicines with anyone else.