If you are taking any of the following medications:

- Clozapine (Clozaril, Fazaclo)
- Risperidone (Risperdal)
- Olanzapine (Zyprexa)
- Quetiapine (Seroquel)
- Ziprasidone (Geodon)
- Aripiprazole (Abilify, Aristada)
- Paliperidone (Invega)
- Asenapine (Saphris)
- Iloperidone (Fanapt)
- Lurasidone (Latuda)
- Brexpiprazole (Rexulti)
- Cariprazine (Vraylar)

There are benefits and potential side effects

These medications are very effective. They can cause side effects, including:

- Weight gain
- High blood sugar
- High cholesterol
- And others

To help manage side effects, your health care provider will need to:

- Weigh you
- Check your blood pressure
- Check your waist size
- Take occasional blood tests

Strategies for Healthy Living

- Maintain a healthy weight.
- If you smoke, use drugs or drink alcohol, consider cutting down or quitting.
- Even small amounts of weight loss help. To lose weight, eat less and exercise more.
- Work with your health care provider to improve your health.
- Take your medications as prescribed.

Talk to your health care provider. All questions are welcome.

We’re here to help!

BHS Metabolic Monitoring Client Information Sheet
Approved by MUIC 11/2015