

# Information about Risperdal Consta™

*Answers to common questions*



**Risperdal** CONSTA™  
risperidone LONG-ACTING INJECTION



## *About this booklet*

This booklet is for people who have been prescribed Risperdal Consta. It answers some of the most commonly asked questions about being on Risperdal Consta. Please also read the Patient Information Leaflet that comes with your medicine. This has important information about Risperdal Consta, about side effects and what to do if you experience any. If you have any questions about the contents of this booklet and the Patient Information Leaflet, please ask your doctor or nurse.

## *Personalise your booklet*

We hope this booklet can be of real use to you. Please feel free to personalise it by making your own notes and comments in the spaces provided. You may want to take the booklet along with you to your next appointment with your nurse or doctor.

### **Main contact details**

Name

Address

Phone number

Doctor/Nurse/Key worker name

Doctor/Nurse/Key worker phone number

## *Why am I on Risperdal Consta?*

Risperdal Consta is a type of anti-psychotic medication. These are medicines that help people control the distressing thoughts, feelings and actions that are caused by certain mental conditions. Risperdal Consta is also known as 'risperidone long-acting injection'. It is given by injection once every two weeks. There are different types of medications available, and your doctor believes that Risperdal Consta is a suitable treatment option for your own individual needs.

**Notes**

## *Can Risperdal be taken another way?*

Risperdal is available as tablets and as an injection. Risperdal Consta is the injection form, and because of the way it is made it has to be given as an injection into the muscle (by a trained professional). The injections are not usually painful, although some people feel mild pain for a short time. The main benefits of having Risperdal Consta as an injection is that you do not have to remember to take tablets every day. Also, you get effective treatment with a lot less of the active drug than if you were to take it in tablet form.

**Notes**

*We are grateful for permission to use artwork from 'Celebration' by Benjamin Thomas, an artist who experiences schizophrenia.*





### *How and when will I have the injections?*

You will need an injection every two weeks. This will give you the level of medication you need until you are due your next injection. You will either have the injections at your GP surgery, or a nurse may arrange to give you the injections at home or at a centre. If you miss an injection, the level of medication in your body will start to drop and you run the risk of becoming unwell again. So, if for some reason you do miss an injection of Risperdal Consta, you should contact the person who gives you the injections so you can get back on treatment and on track as soon as possible. Remember, the aim is for you to stay in control of your illness, and the best way to do this is to make sure you don't miss an injection.

Notes

### *How soon will Risperdal Consta begin to work?*

It usually takes around 6-8 weeks after the first injection of Risperdal Consta for your body to have the right level of medication. Sometimes, dose quantities need to be adjusted during the first few months to make sure you are on the dose that works best for you. During these first few weeks, you may need to take some additional medication in tablet form, to cover you until the injections of Risperdal Consta are working fully.

Notes

### *For how long do I need to take Risperdal Consta?*

This is something that you and your doctor can discuss, as the answer is different for each person. Your doctor may suggest staying on Risperdal Consta for up to 1-2 years or longer. For some people, their condition is chronic and does not go away on its own. If this situation applies to you, you should think of your treatment as something that keeps the condition under control for the long term – a bit like taking insulin if you have diabetes. This means you may need to stay on Risperdal Consta for the foreseeable future, although you will be regularly monitored to ensure the treatment keeps working as it should. Tempting as it is to stop your treatment once you feel better, it is in your best interest to keep taking it in order to stay well, if this is what your doctor recommends. If you have worries or questions about this, do discuss them with your doctor or key worker.

Notes

### *Does Risperdal Consta have side effects?*

Like all medications, Risperdal Consta can have side effects. If you take it as prescribed by your doctor, there are usually few side effects and, if they do occur, they may wear off over time. The most common side effects people report with Risperdal Consta are: depression, tiredness and weight gain. Some people feel shaky or hyperactive when taking Risperdal Consta, other people say their muscles become stiff and their movement becomes slower. However, some people on Risperdal Consta do not experience any of these effects. If you want to know more about side effects, have a look at the Patient Information Leaflet that comes with your medicine.

Notes





### *What if I am travelling away from home?*

If you are planning to go on holiday or any other kind of travel, remember to let your key worker know well in advance. That way, you can both discuss and agree on an injection plan that ensures you are covered during your trip, so that you can enjoy it without worrying about becoming unwell.

Notes

### *Can I drink alcohol?*

Small amounts of alcohol are fine, but make sure you stick to a sensible limit. The combined effects of Risperdal Consta and alcohol may make you feel drowsy.

Notes

### *Does Risperdal Consta affect your sex life?*

Most people taking Risperdal Consta will be able to continue to enjoy their usual sex life as before. In a small number of people, Risperdal Consta does seem to affect their ability to enjoy sex, by having difficulty reaching a climax, or having an erection, or by losing interest in sex. If you are worried that your treatment may be affecting you in any of these ways, talk to your key worker or doctor about it. They will be able to help and advise you in total confidence.

Notes

### *Can I take other medicines?*

Always tell your doctor or key worker about any other medicines you are taking or planning to take for other conditions. That way, they can check that it is safe to take them while you are on Risperdal Consta. Remember also that taking street (illegal) drugs such as Ecstasy or cannabis can make your illness worse and might react badly with Risperdal Consta. If you are taking illegal drugs, get help – ask your key worker or doctor for advice.

Notes



*You are not alone. Many people are struggling to stay in control of their lives just like you. By hearing other people's thoughts and experiences, you may find it easier to manage your own life. Here are a few useful links...*

### ***1 in 100***

An initiative sponsored by Janssen-Cilag and Organon.  
Call 0800 587 1153 for an information pack  
or visit [www.oneinonehundred.co.uk](http://www.oneinonehundred.co.uk)

### ***Mental Health Foundation***

Tel: 020 7535 7400  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

### ***MIND***

Information line: 0845 766 0163  
[www.mind.org.uk](http://www.mind.org.uk)

### ***SANEline***

Tel: 0845 767 8000 (1pm to 11pm every day)  
[www.sane.org.uk](http://www.sane.org.uk)

### ***Samaritans***

Tel: 08457 90 90 90  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### ***rethink***

Tel: 0845 456 0455  
[www.rethink.org](http://www.rethink.org)

### ***Medicine Information***

[www.nwmhp.nhs.uk/pharmacy](http://www.nwmhp.nhs.uk/pharmacy)  
A guide to medicines by the Norfolk and Waveney  
Mental Health Partnership NHS Trust

### ***Janssen-Cilag Medical Information***

Tel: 0800 731 8450