



Medications can cause very serious side effects that need to be reported promptly. This may never be a problem to you.

Please let your doctor or nurse know immediately if you have any of these side effects:

- A rash appears suddenly over your body when you start taking a new medication or if you have been taking a medication for a while.
- Unable to pass your urine, painful urination, or unable to control your bladder.
- Hot, dry and flushed skin.
- A seizure.

Contact your nurse or doctor immediately if you are on an antipsychotic and have:

- Very tense, rigid, or stiff muscle contractions that you cannot stop in your neck, jaw, face, or upper body muscles.
- Sudden flu-like symptoms such as a sore throat, fever, or chills.
- Sudden small muscle contractions or jerking movements in the arms or legs that you cannot control.
- Movements you cannot control of your tongue, mouth, lips, or limbs.
- Excessive drooling.

Contact your nurse or doctor immediately if you are on antidepressants and have:

- Bloating, diarrhea and abdominal cramping.
- Difficulty speaking.
- A lack of coordination.
- An increased heart rate and high blood pressure.
- Confusion.
- Manic-like behaviour and racing thoughts.
- Tremor.
- A throbbing headache and high blood pressure (especially if you are taking a MAOI).

Contact your nurse or doctor immediately if you are on Lithium and have:

- Nausea and vomiting.
- Abdominal cramps and diarrhea.
- Unsteadiness, slurred speech.
- Confusion and/or forgetfulness.
- An increasing tremor.

Adapted from: Treatment Protocol Project (1997). Management of Mental Disorders (2nd ed.). Sydney:WHO Collaborating Centre for Mental Health and Substance Abuse *by:* Susan Charlton RN, BScN & Elizabeth Emberly RN, BScN (CDMHP, 2003)

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