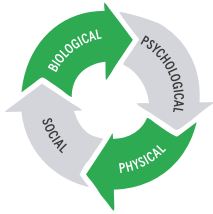


7. Medication therapies

Quetiapine



There is a lot of money available for research on medications, some of it from pharmaceutical companies and some from independent researchers who are not sponsored by pharmaceutical companies, so there is a lot of research into medications. Remember, more thumbs up just means that more people have done research that shows that this approach does work.

What is it?

Quetiapine is a medicine that's licensed for over-18s. It's available in tablets. The normal daily dose is between 300–450mg but the maximum dose is up to 750–800mg.

What does it aim to do?

Quetiapine can reduce symptoms such as unusual and distressing thoughts and experiences (hearing and seeing things or having strong upsetting beliefs). It may also treat depression symptoms.

What are the side-effects of Quetiapine?


In adults, very common side-effects are tiredness, dizziness and headaches, having a dry mouth, weight gain and changes in metabolism (cholesterol and fat). It is less likely to cause weight problems than Olanzapine. High blood pressure is also common in younger people. Muscle weakness, constipation, indigestion, and having a fast heartbeat are also common.

Less common side-effects (between 1 in 10 and 1 in 100 people) include low blood pressure and fainting, feeling sick, blurred vision, shortness of breath, swollen hands and feet, movement changes, strange dreams and nightmares, fever, speech difficulties, and very occasionally increased suicidal thoughts.

Young people unusually, may get annoyed easily. Many side-effects are related to the amount of Quetiapine you take, so they are very mild with low doses, and stop if Quetiapine is stopped.

How can I get this treatment?

Quetiapine can only be prescribed by your GP or mental health team. You can't buy it over the counter.



“ Quetiapine is a jack of all trades medication, effective for Anxiety, Mood Disorders and Psychosis. It can help you sleep and has a calming effect. It helps with a broad range of problems. ”

Steve Hadder, Early Intervention Care Coordinator

“ Quetiapine made me so sleepy I couldn't function. ”

Jon, 27

“ Quetiapine's not too bad. I was nervous at first and unsure of the effect it would have on my body but I've been on it a long time now. It helped me sleep at the beginning, but not so much now. I have found my mouth gets dry on it and it sometimes makes my legs feel funny but it does help keep my brain balanced. ”

Laila, 32