

Support to check your mental health and start Clozapine

Easy read information leaflet



Psychosis Review
and Community Clozapine Initiation Service (PRECCIS)

A member of staff or a carer can support you to read this leaflet. They will be able to answer any questions that you have.

What is Clozapine?



Clozapine is a medicine. It helps people with their mental health.

About the clinic



The clinic helps you start Clozapine treatment.

We will make a plan with you to keep you safe while you have treatment.



We also work with your mental health team to keep you well.

Your appointments



You will come to the clinic for your appointments.

Staff will tell you the dates and times.



Before you start Clozapine, you will have a:

- blood test
- heart test (ECG)
- health check

Blood tests

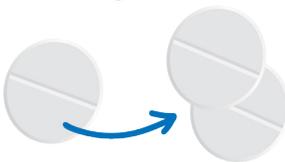


You must have blood tests to get your Clozapine.



- At first, you will need a blood test every week.
- After 18 weeks, it is usually every 2 weeks.
- After 1 year, it is less often.

Starting Clozapine



You start with a small amount of Clozapine.

The amount you take gets bigger slowly.



This keeps you safe.



Most people take Clozapine twice a day.



You will need regular health checks and blood tests.

Most blood tests are quick and easy with a finger prick.

How you might feel



Clozapine can make you:

- feel sleepy



- dizzy when you stand up



- have extra spit, dribbling



- constipated, hard to poo



- feel hungry and eat more
- have a faster heartbeat



You should tell staff about any side effects or how you are feeling when taking Clozapine.

Things to help you feel well



- Drink water and eat well to avoid constipation



- Do not drink alcohol or use street drugs



- Tell staff if you change how much you smoke or vape
- Tell staff if you change how much coffee, tea or energy drinks you have

Contact details



The clinic is at:
Collingwood Court
St Nicholas Hospital
Jubilee Road
Gosforth
Newcastle upon Tyne
NE3 3TX



Call us on **0191 246 6859**

You can call Monday to Friday,
8:30am to 5pm.

Help and support

- **NHS** – call 111 for support if the clinic is closed.
- **Samaritans** – call 116 123, 24 hours a day.
- **Mind** – 0300 102 1234, Monday to Friday, 9am to 6pm.
- **Text ‘shout’** to 85258 – 24 hours a day.
- **Recovery College**
www.cntw.nhs.uk/resource-library/recovery-colleges

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. This leaflet is about how to make a complaint or suggestion.

If you think that we could improve our service or if you have an idea please let staff know.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, BSL or other languages). Please telephone the Patient Information Centre on 0191 246 7288

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