

## Ziprasidone



Lowers dopamine activity and helps with having intrusive and distressing thoughts; hearing or seeing things that others don't; feeling agitated and very excited with high energy; and strongly believing things you usually don't

A bit better after 1-2 weeks, full effects at 4-6 weeks

Common side-effects are trouble sleeping, headache, feeling tired, blurred vision, feeling restless, feeling dizzy, shaky hands and stiff muscles

Physical health tests to check your heart, weight, BMI and blood tests to check sugar, fats and hormones

Talk to your doctor if you want to stop it

Take it with food in the morning and at night and keep taking for 1-3 years