



Don't underestimate the importance of caring for yourself, too.

Being a caregiver for someone living with schizophrenia takes patience and energy, which means you should be caring for yourself first. Here are some steps you can take to care for your body and mind. Check with your doctor to find the best plan for you.



INDICATION

INVEGA TRINZA® (3-month paliperidone palmitate) is a prescription medicine given by injection every 3 months by a healthcare professional and used to treat schizophrenia. INVEGA TRINZA® is used in people who have been treated with INVEGA SUSTENNA® (1-month paliperidone palmitate) for at least 4 months.

INVEGA SUSTENNA® (In-VEY-guh Suss-TEN-uh) (paliperidone palmitate) is a prescription medicine given by injection by a healthcare professional. INVEGA SUSTENNA® is used to treat schizophrenia in adults.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about INVEGA TRINZA® and INVEGA SUSTENNA®?

INVEGA TRINZA® and INVEGA SUSTENNA® can cause serious side effects, including an increased risk of death in elderly people who are confused, have memory loss, and have lost touch with reality (dementia-related psychosis).

INVEGA TRINZA® and INVEGA SUSTENNA® are not for treating dementia-related psychosis.

Please read the additional Important Safety Information on pages 4-6 and the full Prescribing Information, including Boxed WARNING, for [INVEGA TRINZA®](#) and [INVEGA SUSTENNA®](#) and discuss any questions you have with your healthcare professional.



Eat nutritiously

Eating a balanced diet can sometimes feel like the least of your worries. However, it's important to help you manage stress, give you energy, and keep your immune system strong.

- Incorporate fresh fruit and vegetables, whole grains, beans, lean protein, and healthy fats into your meals
- Cook a big batch of a dish or casserole and freeze the leftovers
- Stay hydrated by drinking plenty of water
- Limit sugar and alcohol

Get enough sleep

You need enough uninterrupted sleep to recharge. It can be hard, so try these recommendations.

- Avoid stressful discussions or activities before bedtime
- Do something relaxing, such as listening to calm music or taking a warm bath
- If your mind is racing as you try to sleep, write down your thoughts or make a to-do list
- When you cannot sleep through the night, find times to nap during the day, even for short periods

Stay physically active

Exercise lifts your mood and boosts your energy. These tips can help you include exercise in your day*.

- Try to exercise at least 5 minutes every day; work up to half an hour 5 days a week
- Choose an activity you enjoy, such as walking, biking, gardening, or dancing
- If leaving the home is a barrier, look around for exercise opportunities, such as climbing stairs, running in place, or floor stretches
- Activity can be social, such as walking with a friend or taking an exercise class

Put your health first

It's difficult to care for another person if you are not making your own health a priority.

- Keep your doctor appointments
- Continue to get your routine medical care, vaccinations, and screenings
- Talk honestly with your doctor if you feel depressed or burned out

*Check with your HCP before starting an exercise plan.



Activities

Keep a Journal

Writing down your feelings and experiences can help you process emotions and find solutions.

- Write “today I feel ...” or “today I did ...”
- [You can use our Journaling worksheets](#) to capture your thoughts

Reaching out to others

Ask for Help

Friends and family members often want to help but don't know how. Here's how you can start getting the help you need.

- Make a list of people who could help you and suggest specific tasks for them, such as grocery shopping or picking up medication
- Ask members of your loved one's Treatment Team to help you find temporary care
- Find someone to help you work through your emotions to avoid burnout

Reframing your mindset

Let go of guilt

Remember, it's never selfish to take time for yourself or ask for help. Try to let go of any feelings of guilt.

- Understand your guilt by experiencing the thoughts it brings up and identifying what led you to feel that way
- Talk your feelings out with another person to help you process them

Take a break

Set aside at least 30 minutes a day to do something you enjoy, just for you.

- Get out of the house and take a walk somewhere peaceful
- Take an online class
- Make time for hobbies to help you decompress

Nurture Your Relationships

Make an effort to spend some quality time with your spouse, family, and close friends.

- Call someone you enjoy talking to. Even a five minute phone call can help you reconnect with loved ones.
- Tell your loved ones how they can be there for you

Join a Support Group

A support group can offer emotional support, information and advice from others who understand.

- Caregiver support groups connect you with others who are on a similar journey. [See a list of nonprofit caregiver associations.](#)
- You can find resources on local groups through your community center

Practice acceptance

Reflect on the ways that caregiving allows you to make a positive impact on your loved one's life.

- Focus on what you can control
- Consider your reactions to situations

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Do not receive INVEGA TRINZA® or INVEGA SUSTENNA® if you are allergic to paliperidone, paliperidone palmitate, risperidone, or any of the ingredients in INVEGA TRINZA® or INVEGA SUSTENNA®. See the end of the Patient Information leaflet in the full Prescribing Information for a complete list of INVEGA TRINZA® and INVEGA SUSTENNA® ingredients.

Before you receive INVEGA TRINZA® or INVEGA SUSTENNA®, tell your healthcare professional about all your medical conditions, including if you:

- have had Neuroleptic Malignant Syndrome (NMS)
- have or have had heart problems, including a heart attack, heart failure, abnormal heart rhythm, or long QT syndrome
- have or have had low levels of potassium or magnesium in your blood
- have or have had uncontrolled movements of your tongue, face, mouth, or jaw (tardive dyskinesia)
- have or have had kidney or liver problems
- have diabetes or have a family history of diabetes
- have had a low white blood cell count
- have had problems with dizziness or fainting or are being treated for high blood pressure
- have or have had seizures or epilepsy
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if INVEGA TRINZA® or INVEGA SUSTENNA® will harm your unborn baby
 - If you become pregnant while taking INVEGA TRINZA® or INVEGA SUSTENNA®, talk to your healthcare professional about registering with the National Pregnancy Registry for Atypical Antipsychotics. You can register by calling 1-866-961-2388 or visit <http://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry>.
 - Infants born to women who are treated with INVEGA TRINZA® or INVEGA SUSTENNA® may experience symptoms such as tremors, irritability, excessive sleepiness, eye twitching, muscle spasms, decreased appetite, difficulty breathing, or abnormal movement of arms and legs. Let your healthcare professional know if these symptoms occur.
- are breastfeeding or plan to breastfeed. INVEGA TRINZA® or INVEGA SUSTENNA® can pass into your breast milk. Talk to your healthcare professional about the best way to feed your baby if you receive INVEGA TRINZA® or INVEGA SUSTENNA®.

Tell your healthcare professional about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show to your healthcare professional or pharmacist when you get a new medicine.

Patients (particularly the elderly) taking antipsychotics with certain health conditions or those on long-term therapy should be evaluated by their healthcare professional for the potential risk of falls.

What should I avoid while receiving INVEGA TRINZA® or INVEGA SUSTENNA®?

- INVEGA TRINZA® and INVEGA SUSTENNA® may affect your ability to make decisions, think clearly, or react quickly. **Do not** drive, operate heavy machinery, or do other dangerous activities until you know how INVEGA TRINZA® or INVEGA SUSTENNA® affects you.
- Avoid getting overheated or dehydrated.

INVEGA TRINZA® and INVEGA SUSTENNA® may cause serious side effects, including:

- **See “What is the most important information I should know about INVEGA TRINZA® and INVEGA SUSTENNA®?”**
- **stroke in elderly people (cerebrovascular problems) that can lead to death**
- **Neuroleptic Malignant Syndrome (NMS).** NMS is a rare but very serious problem that can happen in people who receive INVEGA TRINZA® or INVEGA SUSTENNA®. NMS can cause death and must be treated in a hospital. Call your healthcare professional right away if you become severely ill and have any of these symptoms: high fever; severe muscle stiffness; confusion; loss of consciousness; changes in your breathing, heartbeat, and blood pressure.
- **problems with your heartbeat.** These heart problems can cause death. Call your healthcare professional right away if you have any of these symptoms: passing out or feeling like you will pass out, dizziness, or feeling as if your heart is pounding or missing beats.
- **uncontrolled movements of your tongue, face, mouth, or jaw (tardive dyskinesia)**
- **metabolic changes.** Metabolic changes may include high blood sugar (hyperglycemia), diabetes mellitus and changes in the fat levels in your blood (dyslipidemia), and weight gain.
- **low blood pressure and fainting**
- **changes in your blood cell counts**
- **high level of prolactin in your blood (hyperprolactinemia).** INVEGA TRINZA® or INVEGA SUSTENNA® may cause a rise in the blood levels of a hormone called prolactin (hyperprolactinemia) that may cause side effects including missed menstrual periods, leakage of milk from the breasts, development of breasts in men, or problems with erection.
- **problems thinking clearly and moving your body**
- **seizures**
- **difficulty swallowing that can cause food or liquid to get into your lungs**
- **prolonged or painful erection lasting more than 4 hours.** Call your healthcare professional or go to your nearest emergency room right away if you have an erection that lasts more than 4 hours.
- **problems with control of your body temperature, especially when you exercise a lot or spend time doing things that make you warm. It is important for you to drink water to avoid dehydration.**

The most common side effects of INVEGA TRINZA® include: injection site reactions, weight gain, headache, upper respiratory tract infections, feeling restlessness or difficulty sitting still, slow movements, tremors, stiffness and shuffling walk.

The most common side effects of INVEGA SUSTENNA® include: injection site reactions; sleepiness or drowsiness; dizziness; feeling of inner restlessness or needing to be constantly moving; abnormal muscle movements, including tremor (shaking), shuffling, uncontrolled involuntary movements, and abnormal movements of your eyes.

Tell your healthcare professional if you have any side effect that bothers you or does not go away. These are not all the possible side effects of INVEGA TRINZA® or INVEGA SUSTENNA®. For more information, ask your healthcare professional or pharmacist.

Call your healthcare professional for medical advice about side effects. You may report side effects of prescription drugs to the FDA at 1-800-FDA-1088.

General information about the safe and effective use of INVEGA TRINZA® or INVEGA SUSTENNA®

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. **Do not** use INVEGA TRINZA® or INVEGA SUSTENNA® for a condition for which it was not prescribed. Do not give INVEGA TRINZA® or INVEGA SUSTENNA® to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare professional for information about INVEGA TRINZA® or INVEGA SUSTENNA® that is written for healthcare professionals.

This Patient Information leaflet summarizes the most important information about INVEGA TRINZA® and INVEGA SUSTENNA®. If you would like more information, talk with your healthcare professional.

You can ask your healthcare professional or pharmacist for more information that is written for healthcare professionals. For more information, go to www.invegatrinza.com or www.invegasustenna.com or call 1-800-526-7736.

Please read the full Prescribing Information, including Boxed WARNING, for [INVEGA TRINZA®](#) and [INVEGA SUSTENNA®](#) and discuss any questions you have with your healthcare professional.

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