



## When you know your options, it's easier to know what could be right for you

Knowing all your schizophrenia medication options is important to find what works best for you. This worksheet can help you think about what's working and where there's room for change when it comes to your current medication. Because once you know what you want out of your medication, you can work with your Treatment Team to make sure you're taking the right one 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 3-4 and the full Prescribing Information, including Boxed WARNING, for [INVEGA TRINZA®](#) and [INVEGA SUSTENNA®](#) and discuss any questions you have with your healthcare professional.**

## Step 1: How are you feeling about your current treatment?

It is important that you take your medication as prescribed. Check the box(es) that apply to your situation.

- I feel embarrassed to take my current schizophrenia medication
- It is too hard to remember to take my current schizophrenia medication regularly
- I worry about the side effects from my current schizophrenia medication
- I wish my symptoms would be better under control than they are now
- I am having episodes\* more frequently than I would like

## Step 2: What are you looking to get out of your medication?

Check the box(es) if you agree with the following statements.

I want a schizophrenia medication that...

- Might be able to help control my symptoms
- Might help me better achieve my goals
- I may tolerate better
- Might help me have less-frequent episodes

## Step 3: Do you think it's time for a change in treatment?

Now that you have thought about your current treatment and what you would like from a medication, it's time to think about whether you would like to ask your Treatment Team and talk to your doctor if a change in treatment is right for you.

What medication decision do I think is right for me right now?

- I'd like to stay on my current medication
- I'd like to consider changing to a long-acting injection

Who do I want to help me make this change?

- My caregiver Name: \_\_\_\_\_
- My primary care doctor Name: \_\_\_\_\_
- My therapist Name: \_\_\_\_\_
- My case manager Name: \_\_\_\_\_
- My social worker Name: \_\_\_\_\_
- Other \_\_\_\_\_

Use our [Treatment Change Discussion Guide](#) to help start the conversation with your Treatment Team.

\*An episode is defined as a relapse.

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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 restless 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](http://www.invegatrinza.com) or [www.invegasustenna.com](http://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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