

## Using *Risperidone* in Children and Adolescents

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### Overview

*Risperidone (Risperdal<sup>®</sup>, Risperdal M-Tab<sup>®</sup>, Risperdal Consta<sup>®</sup>)* belongs to a group of medications called “atypical antipsychotics” or “second-generation antipsychotics”.

### What is *risperidone* used for?

Like many medications used to treat childhood disorders, risperidone has not been approved by Health Canada for use in children and adolescents. When the potential benefits (e.g., reducing your symptoms) of using risperidone outweigh the potential risks (e.g., the side effects), many doctors may prescribe it “off-label” to treat several conditions such as:

- Schizophrenia and other thought disorders
- Bipolar disorder
- Tic disorders like Tourette syndrome
- Irritability associated with autism
- Disruptive behavior disorders (including aggression) – for more information, see the document *Using Risperidone in Children and Adolescents with Disruptive Behaviour Disorders*.

Risperidone may also be used to treat other disorders such as obsessive compulsive disorder (also called OCD) and some types of depression. Your doctor may be using this medication for another reason. If you are unclear why this medication is being prescribed, please ask your doctor.



### How does *risperidone* work?

Like other atypical antipsychotics, risperidone affects the levels of certain chemicals in the brain called dopamine and serotonin. This has been shown to help people who have disorders like schizophrenia and bipolar disorder with their symptoms. The exact way that antipsychotics improve the symptoms of schizophrenia and bipolar disorder is not fully known.

### How well does *risperidone* work in children and adolescents?

Current evidence supports the use of risperidone for children and adolescents. Risperidone has been shown in a study to be better than placebo (an inactive pill that looks like the medication) for the treatment of disorders such as schizophrenia and bipolar disorder, Tourette syndrome and irritability associated with autism. Risperidone is approved for the treatment of these disorders in children and adolescents in the United States.

Risperidone has also been shown in a number of studies to have benefits in other childhood disorders such as disruptive behavior disorders (i.e. AD/HD, conduct disorder (aggression)), among others.

### How should *risperidone* be taken?

Risperidone is available in several forms such as:

- tablets (regular or tablets that dissolve in your mouth (called ‘Risperdal M-Tab<sup>®</sup>’))
- liquid
- long-acting injection (called ‘Risperdal Consta<sup>®</sup>’)

The tablets and liquid are usually taken once or twice a day with or without food. Risperidone should be taken at the same time each day as directed by your doctor. Try to connect taking it with something you do each day (like eating breakfast or brushing your teeth) so that you don't forget. Try to avoid alcohol while taking risperidone.

If you are taking the liquid form of risperidone, you can mix it with water, orange juice, coffee or low-fat milk. Do not take the solution with tea or cola beverages.

If you are taking the dissolving tablets (*M-Tab*<sup>®</sup>), follow these directions. Since this medication will be prescribed in a "blister pack" (not a bottle), you have to be careful about taking the medication out of the blister.

1. Use dry hands to peel off the foil from the back of the blister before removing the tablet (wet hands can cause the medication to melt in your hands). Do not push the thin wafer through the foil.
2. Place the tablet on your tongue. The tablet will dissolve quickly and may be swallowed with or without water. Try not to chew the tablet.

The long-acting injection is usually injected by a doctor or nurse into a large muscle every second week. When starting to receive the long-acting injection, you may be asked to also continue taking risperidone by mouth for a short period of time until the injections start to take effect.

Usually, your doctor will start with a low dose of risperidone and gradually increase this dose over several days or weeks based on how you respond to it. You and your doctor can then discuss the best dosage to stay on based on how you tolerate this medication (how well it helps decrease your symptoms and how you are doing with side effects).

### When will *risperidone* start working?

This depends on what you are using it for. Some improvements may be seen in as little as 1 to 2 weeks. However, it can sometimes take up to 6 weeks to see the full benefits of the medication. When risperidone is working well, you may notice that your thoughts are clearer and more organized. Agitation may be decreased and hearing voices or seeing things no one else sees (hallucinations) may stop completely or happen much less. Your mood may be more settled and you may see a reduction of intense fears and worries.

It is important that you continue taking risperidone regularly even if you are feeling well, as it can prevent symptoms from returning. If you are taking this medication to help with symptoms of mood disturbance, you may notice some changes in the first 1 to 2 weeks.

Medications like risperidone do not work for everyone. If you are not feeling better within 6 weeks, your doctor may recommend switching you to a different medication.



### How long do I have to take *risperidone*?

This depends on the symptoms you have, how frequently they occur, and how long you have had them. Most people will need to take risperidone for several months. This allows time for your symptoms to stabilize and for you to regain your functioning. Your doctor will discuss the benefits and risks of taking risperidone with you. At this time, you can also discuss how long you might need to take this medication.

**Do not increase, decrease, or stop taking this medication without discussing it with your doctor. If you stop taking risperidone suddenly, it is possible that your symptoms may return or you may have a bad reaction.**

### Is *risperidone* addictive?

No, risperidone is not addictive and you will not have "cravings" for this medication like you might with nicotine or street drugs. If you and your doctor decide it is best for you to stop taking risperidone, your doctor will explain how to safely come off this medication so you don't feel negative effects as your body adjusts to being without it.

## What are the side effects of *risperidone* and what should I do if I get them?

As with most medications, side effects may occur when taking risperidone. However, most side effects are mild and temporary. Sometimes the side effects may occur before any of the beneficial effects. It is also possible for some individuals to experience side effects that they feel are concerning or long-lasting. If this occurs, speak to your doctor about ways to manage them. Below are some of the more common side effects of taking this medicine. In brackets are suggested ways to lessen these effects.

### Common side effects

Side effects are usually more common when starting a medication or after a dose increase. If any of these side effects is troublesome for you, please discuss them with your doctor, nurse or pharmacist.

- Agitation and feelings of restlessness (*avoid caffeine from energy drinks, colas and coffee*)
- Constipation (*increase exercise, fluids, vegetables, fruits and fiber*)
- Dizziness (*try getting up slowly from a sitting or lying down position*)
- Drowsiness (*try taking the dose at bedtime*)
- Headache (*try using a pain reliever like acetaminophen (plain Tylenol®)*)
- Increase in hunger (*avoid high calorie foods*)
- Muscle spasms or stiff muscles (*there is a medication to relieve this, talk to your doctor*)
- Stomach ache (*try taking the medication with food*)
- Weight gain (*monitor your food intake, increase your exercise*)

### Uncommon side effects (e.g., those that occur in less than 5% of patients)

Contact your doctor **IMMEDIATELY** if you have any of these side effects:

- Breast tenderness
- Fainting, feeling lightheaded or difficulties with balance
- Fast or irregular heart beat
- Feelings of restlessness
- Fever or excessive sweating
- Frequent urination accompanied by excessive thirst
- Rash
- Seizures
- Shaking, stiffness or difficulty moving, muscle spasm or stiffness in your throat or tongue
- Thoughts of hurting yourself, suicide, increased irritability/hostility or feeling worse
- Weakness or severe muscle pain



Risperidone is sometimes associated with a very rare side effect called “neuroleptic malignant syndrome”. The symptoms may include severe muscle stiffness, high fever, increased heart rate and blood pressure, irregular heartbeat (pulse) and sweating. Contact your doctor right away if this occurs.

On rare occasions, risperidone and medications like it have been associated with a side effect called “tardive dyskinesia”. This is a side effect that can sometimes become permanent in patients who take antipsychotic medications. It involves involuntary movements of some muscles in the body like the lips, tongue, toes, hands and neck. Stopping the antipsychotic at the first signs of it occurring or switching to another “atypical” antipsychotic can decrease the chances of having this side effect continue.



**Tip:** Risperidone can make some individuals feel drowsy, dizzy or slowed down. If you experience these temporary side effects, it is important to avoid operating heavy machinery or driving a car.

## What precautions should my doctor and I be aware of when taking *risperidone*?

Tell your doctor or pharmacist if you:

- Have any allergies or have experienced a reaction to a medication.
- Are taking or plan to start taking any other prescription or non-prescription medications (including herbal products). Some medications can interact with risperidone, such as carbamazepine, heart medications, antidepressants, antibiotics, stomach medications and several others. Your doctor may need to change the doses of your medication(s) or monitor you carefully for side effects if you are taking medications that interact with risperidone.
- Have a history of heart disease, kidney or liver disease, a bowel obstruction, diabetes (or a family history of diabetes) or glaucoma.
- Miss a period, are pregnant (or are planning to become pregnant) or are breast-feeding. Tell your doctor if you become pregnant while taking risperidone.
- Are currently using alcohol or street drugs as these substances can decrease how well risperidone works for you and/or make you feel drowsy.



**Tip:** When taking this medication, your body may have difficulty regulating your temperature. Make sure you drink lots of fluids and water to avoid becoming dehydrated. You should avoid doing a lot of physical activities on hot days.

## What special instructions should I follow while using *risperidone*?

- Keep all appointments with your doctor and the laboratory. Your doctor may order certain lab tests to check how you are responding to risperidone, and to monitor for side effects.
- Try to keep a healthy and well-balanced diet and exercise regularly. Some individuals who take risperidone may gain weight due to an increase in appetite.
- Do not allow anyone else to use your medication.

**Tip:** Use the *Antipsychotic Monitoring Form for Children and Adolescents* to help measure your progress on this medication. Also see the document *Atypical Antipsychotics & Metabolic Monitoring*.

## What should I do if I forget to take a dose of *risperidone*?

If you take risperidone only at bedtime and you forget to take it, skip the missed dose and continue with your regular schedule the next day. Do NOT double your next dose. If you take it in the morning or more than once a day, take the missed dose as soon as possible. However, if it is almost time for your next dose (e.g., within 4 hours), skip the missed dose and continue with your regular schedule. Do NOT double your next dose.

## What storage conditions are needed for *risperidone*?



- Keep this medication in the original container, stored at room temperature away from moisture and heat (e.g., not in the bathroom or kitchen) and protected from light.
- Store dissolving tablets in the original sealed packaging and use immediately once opened.
- Keep this medication out of reach and sight of children.

You may wish to share this information with your family members to help them to understand your treatment options. Since every person's needs are different, it is important that you follow the advice provided to you by your own doctor, nurse and/or pharmacist and speak to them if you have any questions about this medication.

*Developed by the health care professionals of Child & Adolescent Mental Health Program and reviewed by the staff of the Kelty Mental Health Resource Centre.*