INVEGA TRINZA®

treatment booklet

Information for people prescribed INVEGA TRINZA

INVEGA TRINZA®
paliperidone palmitate

About this booklet

This booklet has been written for people who have been prescribed INVEGA TRINZA for the treatment of schizophrenia.

In this booklet are answers to some common questions about treatment with INVEGA TRINZA. However, as this booklet does not contain all of the available information, it's important to also speak with your doctor or other members of your treatment support team if you have questions about schizophrenia and its treatments, including INVEGA TRINZA.

Keep this booklet in a safe and convenient place – you may wish to refer to it again.

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What is INVEGA TRINZA?

INVEGA TRINZA belongs to a group of medicines called antipsychotics. It is a prescription medicine used to help improve the symptoms of schizophrenia (e.g. disturbances in thinking, feelings and behaviour). It can also be used to lessen the chance of schizophrenia symptoms from coming back.

INVEGA TRINZA is used in people who have been adequately treated with INVEGA SUSTENNA® for at least 4 months.



Helps to correct a chemical imbalance in the brain that is associated with schizophrenia.



Is given **once every three months by your doctor.**

Starting INVEGA TRINZA

Your doctor would have discussed with you INVEGA TRINZA as a treatment option for managing your condition.

Your doctor would have also reviewed your medical history and any other medications you are taking before starting treatment. Do not use INVEGA TRINZA if you know you are allergic to medicines containing paliperidone (e.g. INVEGA SUSTENNA) or risperidone (e.g. Risperdal).

It is important to tell your doctor:

- Immediately if you have an allergic reaction (e.g. skin rash, itching, shortness of breath and/or swollen face). Tell your doctor if you have experienced any previous adverse reaction to risperidone (e.g. Risperdal) or paliperidone (e.g. INVEGA SUSTENNA)
- If you are breastfeeding. Breastfeeding while you are taking INVEGA TRINZA is not recommended
- If you do not feel well while taking INVEGA TRINZA
- If you notice any uncontrolled movements of the tongue, mouth, cheeks or jaw, which may later progress to the arms and legs

Your doctor will advise you on what to do next.



Also tell your doctor:
About any other medications that you are taking (this includes prescription, over-the-counter medicines, vitamins or herbal supplements).

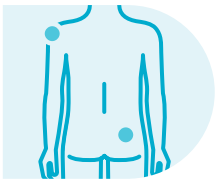


If you are pregnant or trying to become pregnant.

It is also important to tell any other doctors, dentists or pharmacists who are treating you that you are taking INVEGA TRINZA.

Keep a list of medicines you take handy so you can show your treatment support team.

How is INVEGA TRINZA given?



Your doctor or nurse will give you INVEGA TRINZA as an injection. It is injected into either your deltoid (arm) or gluteal (buttock) muscle.



INVEGA TRINZA is **given once every three months** because the medicine is slowly released into your body.

How many injections will I need?

INVEGA TRINZA helps to control your condition.

INVEGA TRINZA is given as a single injection once every three months.

Your doctor will discuss with you how long you will need treatment with INVEGA TRINZA. Remember to see your doctor at your follow-up appointments.

Your doctor will be happy to discuss any questions you may have about your treatment.

What if I missed my INVEGA TRINZA dose?



It's very important to keep all your appointments and get your medicine on time.



Contact your doctor as soon as possible if you think you are going to miss or have missed your appointment.



Your doctor will advise you on what to do next.

While on INVEGA TRINZA

Things to avoid



Do not drink any alcohol.

The combined effect of alcohol and INVEGA TRINZA can increase the effects of alcohol.



Do not miss any injections or any appointments with your doctor.

(Even if you feel better)

Things to be careful of



Ask your doctor or pharmacist **before taking ANY other medicines** with INVEGA TRINZA. These include herbal treatments bought in a pharmacy or supermarket.



Be careful of **driving or operating machinery** until you know how INVEGA TRINZA affects you.

If INVEGA TRINZA makes you feel dizzy, drowsy or light-headed, be careful when getting up from a sitting or lying position. Getting up slowly may help.

What are the possible side effects of INVEGA TRINZA?

All medicines, including INVEGA TRINZA, can have side effects. But not everyone will experience them. Your doctor would have considered the potential side effects before prescribing you this medicine.

Some examples of side effects you may or may not experience while on INVEGA TRINZA include:

- Difficulty falling or staying asleep
- Headache
- Trembling
- Agitation
- Dry mouth

Please refer to the Consumer Medicine Information for a full list of side effects.

Your doctor or a member of your treatment support team may have provided you with this or you can download a copy at **www.medsafe.govt.nz/consumers/CMI/i/invegatrinza.pdf**

This is not a full list of all potential side effects. There may potentially be some less common or more serious side effects, which are included in the Consumer Medicine Information leaflet. You should discuss these and any other questions you might have about INVEGA TRINZA with your doctor.

Tell your doctor or a member of your treatment support team if you do not feel well while taking INVEGA TRINZA. You may need medical treatment if you get some of these side effects. If you feel very unwell, you should tell your doctor immediately or go to Accident and Emergency at your nearest hospital.

What can I do to improve my health and wellbeing while on INVEGA TRINZA?



It's really important to keep your body and mind healthy. Here are some tips:

- Eat healthy food, especially vegetables and fruit
- Get regular exercise, because it may improve your mood and feelings of wellbeing
- Avoid all illicit drugs, because they have a strong negative impact on your recovery
- Try not to smoke, not only is it bad for your lungs, it acts on your liver and may mean you'll need higher doses of some medications
- Develop good sleeping habits
- Learn and use stress management techniques
- Find a support group where you feel comfortable and safe talking about how you feel, in person and/or online

For more information



If you, your family or friends would like to learn more about schizophrenia, please refer to the following organisations for more information:

Mental Health Foundation of NZ
www.mentalhealth.org.nz

Like Minds
www.likeminds.org.nz

Health and Disability Commission
www.hdc.org.nz

Yellow Brick Road (formally Supporting Families)
www.yellowbrickroad.org.nz

How will I know when it is time for my next dose?

Because INVEGA TRINZA is given every three months, you may only need to take it four times a year.



My next appointments for INVEGA TRINZA

Day | ○ Mon ○ Tue ○ Wed ○ Thur ○ Fri ○ Sat ○ Sun

Time _____ **Date** _____

Day | ○ Mon ○ Tue ○ Wed ○ Thur ○ Fri ○ Sat ○ Sun

Time _____ **Date** _____

Day | ○ Mon ○ Tue ○ Wed ○ Thur ○ Fri ○ Sat ○ Sun

Time _____ **Date** _____

Day | ○ Mon ○ Tue ○ Wed ○ Thur ○ Fri ○ Sat ○ Sun

Time _____ **Date** _____

Please also note down other appointments you may have with your treatment support team.



My other appointments

Day | ○ Mon ○ Tue ○ Wed ○ Thur ○ Fri ○ Sat ○ Sun

Time _____ **Description** _____

Date _____ _____

Day | ○ Mon ○ Tue ○ Wed ○ Thur ○ Fri ○ Sat ○ Sun

Time _____ **Description** _____

Date _____ _____

Day | ○ Mon ○ Tue ○ Wed ○ Thur ○ Fri ○ Sat ○ Sun

Time _____ **Description** _____

Date _____ _____

Day | ○ Mon ○ Tue ○ Wed ○ Thur ○ Fri ○ Sat ○ Sun

Time _____ **Description** _____

Date _____ _____

Contact details of my treatment support team

Doctor

Name

Address

Phone

Key worker

Name

Address

Phone

Nurse

Name

Address

Phone

Pharmacist

Name

Address

Phone

Notes

INVEGA TRINZA®
paliperidone palmitate

INVEGA TRINZA (paliperidone) – Information for consumers

INVEGA TRINZA (paliperidone) Intramuscular Injection, is a **Prescription Medicine**. Your doctor will advise you if INVEGA TRINZA may be suitable for you. Always read the label and use strictly as directed. If symptoms continue, or if you experience side effects, contact your doctor, pharmacist or health professional. INVEGA TRINZA is an antipsychotic medicine and contains the active substance paliperidone palmitate. INVEGA TRINZA is a 3-month injection and is used for the maintenance treatment of schizophrenia in adult patients who have been adequately treated with the 1-month paliperidone palmitate injectable product for at least four months. INVEGA TRINZA is a funded medicine - restrictions apply.

INVEGA TRINZA has risks and benefits. Do not use this medicine if you are allergic to INVEGA TRINZA or any of its ingredients or medicines containing paliperidone or risperidone. **Tell your doctor if;** you have or have ever had: Neuroleptic Malignant Syndrome (a serious reaction to some medicines that causes a sudden increase in body temperature, extremely fast heartbeat, high or low blood pressure and severe muscle stiffness or fits); Tardive dyskinesia (a reaction to some medicines with involuntary movements of the tongue, face, mouth, jaw, arms and/or legs); Irregular heart rhythm or low blood pressure or stroke; Prone to dizziness; Unusual, excessive sweating or diarrhoea, dehydration or problems with your body temperature regulation; epilepsy, seizures or fits; suicidal thoughts or past suicide attempts; inflammation of the lungs due to inhalation of food particles or fluids; problems with swallowing or intestinal disorders that reduces your ability to keep food down or pass normal bowel movements; kidney or liver problems; Parkinson's disease; dementia or Lewy body dementia; diabetes or high blood sugar; a stroke; blood clots or a family history of blood clots; continuous or painful erection; low white blood cell count; you have an eye surgery planned; you are pregnant or are planning to become pregnant or you are breast feeding or you are taking any other medicines. Avoid alcohol while taking INVEGA TRINZA and take care when driving or operating machinery. Carefully manage your diet to avoid possible weight gain. **Side Effects:** Heart or blood pressure problems e.g. light headedness or dizziness, fast, slow or irregular heart beat; high fever; abnormal sweating; sudden weakness or numbness of the face, arms, or legs, especially on one side, or instances of slurred speech. **Allergic reactions:** Symptoms may include rash, itching or hives on the skin, shortness of breath, wheezing or difficulty breathing, difficulty swallowing, swelling of the face, lips, mouth, tongue or other parts of the body. If you experience any of these side effects or symptoms, contact your doctor immediately or go to Accident and Emergency at your nearest hospital. **Other side effects may include:** sleeplessness; irritability; agitation; anxiety; headache; trembling; drowsiness; injection site pain; stiff muscles; joint stiffness or swelling; pneumonia; infection; blurred vision; flu-like symptoms; toothache; inability or pain to urinate; dry mouth; depression; acne; dry skin; hardening of the skin; elated mood; lack of emotion; vertigo; nosebleeds; weight gain; increase or decrease in appetite; indigestion, nausea, abdominal pain and vomiting; diarrhoea; excessive thirst; unusual secretion of breast milk; breast swelling; missed or irregular menstrual periods; getting or maintaining an erection or prolonged and/or painful erection; involuntary movements of the tongue, face, mouth, jaws, arms, legs or trunk; severe or life-threatening rash with blisters and peeling skin.

Tell your doctor as soon as possible if you do not feel well while you are using INVEGA TRINZA. Each pre-filled syringe contains either 175 mg, 263 mg, 350 mg or 525 mg of paliperidone (as palmitate) for intramuscular injection.

The Consumer Medicine Information can be found on the Janssen website (available from here < https://www.janssen.com/newzealand/sites/www_janssen_com_newzealand/files/prod_files/live/invega_trinza_cmi.pdf>) or by contacting Janssen Medical Information on 0800 800 806. Date of Preparation: 21 July 2020

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