



## Mid-Valley Behavioral Care Network

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### Perphenazine (Trilafon)

The medication Perphenazine (**Trilafon**) is a **typical** neuroleptic. It is used to treat psychosis. Psychosis can be experienced as disorganized thinking or behavior and unusual perceptions (hearing voices, seeing things, feeling paranoid). Trilafon is also used to treat other clinical situations such as tics and stuttering or extreme mood instability. Generally these symptoms interfere with your life goals.

Trilafon is FDA approved to treat schizophrenia.

Although Trilafon can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. The most common include: **drowsiness and sedation; muscle tension, muscle spasms, tremor and restlessness**. Although these effects generally occur during initial treatment, some remain throughout treatment and may warrant discontinuing the medication. Talk with your provider about it.

Recently, neuroleptics have been found to be associated with diabetes and weight gain, high cholesterol, and high triglycerides. These problems can lead to obesity and cardiovascular issues. Though serious, these side effects are uncommon. Nevertheless, it is important to talk to your provider about these issues. Although very effective at treating symptoms, these potential side effects warrant you watching what you eat, and getting your blood sugar, cholesterol, and triglycerides checked occasionally.

Again, Trilafon is generally a tolerable medication which works well at helping people restore their lives, but these other issues are serious. Talk to your provider about it.

Trilafon is a **typical** neuroleptics and so it can cause EPS (ExtraPyramidal Side effects). These include tremor, muscle stiffness or spasms, abnormal movements of the mouth, tongue, extremities. These are usually benign and

can be treated with side effect medication. Tardive Dyskinesia (unusual movements of the mouth, tongue, arms) and NMS (high fever, racing heart, agitation, sweating) although rare, are serious side effects of these **typical** neuroleptics.

The beneficial effect of Trilafon can sometimes take 3-5 days to three weeks, sometimes longer. The maximum effect can sometimes take as long as 9-12 months. Generally if no effect is felt after 6 weeks, then a different medication or different dosage should be considered. The usual dosage range is 16-48 mg.

Trilafon is generally safe with other medications. But as with all medications, please let your provider know if you are engaged in other treatments. There are no dietary restrictions.

There are supplemental ways to improve life which include:

- exercise**
- good sleep habits**
- good eating habits**
- yoga**
- a hobby**
- visiting with family or friends**
- psychotherapy**

Although important, these methods alone cannot restore clear thinking.

If you have further questions about this medication, please ask your medical provider or your pharmacist.

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