

**GEORGIA DEPARTMENT OF CORRECTIONS**  
**MENTAL HEALTH SERVICES**  
**“MEDICATION INFORMATION**  
**FOR HOT WEATHER”**

INSTITUTION: \_\_\_\_\_  
NAME: \_\_\_\_\_  
ID#: \_\_\_\_\_  
DOB: \_\_\_\_\_  
RACE: \_\_\_\_\_ SEX: \_\_\_\_\_

**DRYING EFFECTS**

Most antipsychotic and some antidepressant medications cause drying in the body. It is important to drink lots of fluids. If you take medicines such as the ones listed below. Drinking fluids will help prevent dry mouth, constipation, dry skin, sinus problems and urinary problems.

**ANTIPSYCHOTIC MEDICATIONS**

- |                                |                            |
|--------------------------------|----------------------------|
| 1. Haldol (haloperidol)        | 8. Trilafon (perphenazine) |
| 2. Loxitane (loxapine)         | 9. Zyprexa (olanzapine)    |
| 3. Navane (thiothixene)        | 10. Geodon (ziprasidone)   |
| 4. Stelazine (trifluoperazine) | 11. Abilify (aripiprazole) |
| 5. Prolixin (fluphenazine)     | 12. Seroquel (quetiapine)  |
| 6. Risperdal (risperidone)     | 13. Other: _____           |
| 7. Thorazine (chlorpromazine)  |                            |

**ANTIDEPRESSANT MEDICATIONS**

- |                            |                           |
|----------------------------|---------------------------|
| 1. Desyrel (trazodone)     | 8. Effexor (venlafaxine)  |
| 2. Elavil (amitriptyline)  | 9. Lexapro (escitalopram) |
| 3. Norpramin (desipramine) | 10. Paxil (paroxetine)    |
| 4. Pamelor (nortriptyline) | 11. Prozac (fluoxetine)   |
| 5. Sinequan (doxepin)      | 12. Remeron (mirtazapine) |
| 6. Tofranil (imipramine)   | 13. Zoloft (sertraline)   |
| 7. Celexa (citalopram)     | 14. Other: _____          |

All medications build up in the body if you get dehydrated. During the hot months, it is very important to drink more water than usual especially if you sweat a lot.

**FLUID INTAKE AND LITHIUM**

Drink lots of fluids and avoid changes in the amount of salt you use. Lithium levels can quickly get too high in your body if you get dehydrated. Dizziness or trouble walking are symptoms you might first notice if the level gets too high in your body. Notify a staff person to call medical immediately if this occurs.

**MEDICATION AND SUNBURN**

Some antipsychotic medications can contribute to sunburn. Watch your skin carefully when you are outside. If you find that your skin burns easily, talk to the nurse or doctor. Thorazine is the medication most often thought to cause severe sunburns in some people.

**BENADRYL, VISTARIL and COGENTIN**

Benadryl, Vistaril and Cogentin can cause dry mouth and dehydration. It is important to drink lots of fluids. Drinking fluids will help prevent dry mouth and dehydration.

*The nurse has talked with me about medication and hot weather. I understand what I need to do and what I need to watch for.*

\_\_\_\_\_  
**Offender Signature**

\_\_\_\_\_  
**Date**