Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

PATIENT EDUCATION

Paliperidone

Invega / Sustenna / Trinza / Hafyera

A guide for adults taking paliperidone.
Follow the directions on your prescription and your provider's recommendations.

TABLETS: SWALLOW WHOLE | INJECTIONS: KEEP YOUR APPOINTMENTS

Formulations: Extended-release tablets and one-, three-, or six-month injections are not interchangeable. Longer-interval injections require prior stabilization on specified shorter-interval treatment.

What it is used for

Paliperidone treats schizophrenia. Oral paliperidone and the monthly injection also have schizoaffective-disorder indications; the longer injection intervals have different eligibility requirements.

How it works

It blocks dopamine and serotonin receptors. It is an active metabolite of risperidone and is cleared substantially through the kidneys.

What to expect over time

Some symptoms improve earlier than others. Changes in hallucinations, mood, or organized thinking often develop over several weeks. Track practical goals, such as regular sleep and daily activities, and report side effects or limited benefit.

Taking your medication

- Swallow oral tablets whole; do not split, crush, or chew. An empty tablet shell may appear in stool.
- If you miss a dose, take it when you remember unless it is almost time for the next dose. Then skip it. Do not double a dose.
- Keep injection appointments. Call the clinic promptly after a missed appointment because reloading may be needed.
- Do not add oral doses or change injection intervals yourself.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

PALIPERIDONE / 02

Side effects and safety

Possible side effects

- Restlessness, stiffness, or tremor
- Sleepiness, dizziness, or faster pulse
- Weight gain or constipation
- Breast discharge, menstrual changes, or sexual effects

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Expect periodic checks of weight, blood pressure, blood sugar, cholesterol, and movement symptoms. Some changes, such as higher blood sugar, may occur before you feel different.

Report new mouth, tongue, face, or limb movements. Tardive dyskinesia is a movement disorder that can persist after medication is stopped.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss diabetes, heart-rhythm problems, fainting, seizures, low blood counts, swallowing difficulties, and kidney or liver disease. Antipsychotics increase the risk of death in older adults with dementia-related psychosis.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Kidney function determines the dose and whether a particular injection can be used. Tell your provider about changes in kidney health.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Alcohol, opioids, sleeping pills, and sedating allergy medicines can increase impairment. Blood-pressure medicines may add lightheadedness or falls.

Medicines that affect heart rhythm or dopamine signaling need particular review. Some antibiotics, antifungals, and seizure medicines change antipsychotic levels.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

PALIPERIDONE / 03

Living with your treatment

When to get help

Emergency symptoms. Get emergency care for fever with severe muscle stiffness and confusion, a seizure, fainting with an irregular heartbeat, or trouble breathing. Fever and stiffness can signal neuroleptic malignant syndrome, a rare but serious reaction.

Prompt medical advice. Contact your provider promptly for new involuntary movements, trouble swallowing, severe restlessness, or symptoms of high blood sugar such as unusual thirst and frequent urination.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Can I stop when I feel better?
Consult with your provider. Continuing treatment may prevent symptoms from returning. Abrupt stopping can cause withdrawal symptoms or a relapse.

What if I cannot sit still?
An inner urge to keep moving can be akathisia, a medication side effect. Tell your provider promptly; it can be mistaken for worsening anxiety.

Everyday tips

Stand up slowly. Avoid driving until you know how the medication affects alertness and coordination.

Stay hydrated and avoid overheating; treatment can affect temperature regulation.

Discuss appetite or weight changes early, and keep scheduled monitoring visits.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

DailyMed: Invega oral tablets
DailyMed: Invega Sustenna monthly injection
DailyMed: Invega Trinza three-month injection

Educational handout; does not replace your prescription or provider's recommendations.