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PSYCHIATRY

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PATIENT EDUCATION

Sertindole

Serdolect / International oral formulation

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

ECG CHECKS ARE ESSENTIAL | CHECK BEFORE ADDING ANY MEDICINE

Formulations: Oral tablets are taken once daily after a slow titration. The local prescribing information determines monitoring and restart requirements.

What it is used for

Sertindole treats schizophrenia in countries where it is approved, generally when another antipsychotic has not been tolerated. It is not FDA-approved and is not intended for urgent control of severe agitation.

How it works

It blocks dopamine and serotonin receptors. Its effect on cardiac electrical conduction is a major reason for careful selection and ECG monitoring.

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

- Take consistently, with or without food. Swallow tablets with water.
- Follow dose increases exactly.
- Do not double a missed dose. After a week or more off, contact your provider before restarting; a new ECG and retitration may be required.
- Keep every ECG appointment even if you feel well.

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Side effects and safety

Possible side effects

- Nasal congestion or dry mouth
- Dizziness when standing
- Swollen feet or tingling
- Weight gain or sexual difficulties

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.

ECGs are required before treatment, during titration around three weeks or at 16 mg daily, and during maintenance, generally every three months and around relevant changes. Follow your local monitoring schedule.

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.

Long QT, certain heart diseases, slow pulse, low potassium or magnesium, and severe liver impairment can rule out treatment.

Medicines and interactions

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

Many QT-prolonging drugs and strong CYP3A inhibitors are contraindicated. Some antidepressants raise sertindole levels and require additional review.

Diuretics, vomiting, or diarrhea can lower electrolytes and increase rhythm risk. Do not correct this with supplements on your own.

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SERTINDOLE / 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 take breaks in hot weather. Some antipsychotics interfere with 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

Official prescribing information: sertindole
Official prescribing information: sertindole

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