Jeffrey Panko NP
PSYCHIATRY

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

PATIENT EDUCATION

Trihexyphenidyl

Generic tablets and oral liquid / Former Artane brand

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

DO NOT STOP SUDDENLY | KEEP YOUR EYE-CHECK APPOINTMENTS

Formulations: Tablets and oral liquid are usually taken in divided doses. Measure liquid with a dosing device rather than a kitchen spoon.

What it is used for

Trihexyphenidyl treats Parkinson-related symptoms and certain medication-induced movement effects, especially stiffness and tremor. It does not treat tardive dyskinesia and may worsen it.

How it works

It blocks muscarinic acetylcholine receptors. This changes the balance of movement signaling but also reduces secretions and affects the bowel, bladder, vision, and memory.

What to expect over time

Movement relief may appear relatively early. Periodically review whether it remains necessary, especially if the antipsychotic regimen changes.

Taking your medication

- Follow the divided-dose schedule. Food may help nausea; timing can be adjusted for dry mouth or excess saliva.
- Do not add extra doses for a new movement without assessment.
- 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.
- Consult with your provider before stopping; abrupt withdrawal can cause serious symptom worsening.

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Side effects and safety

Possible side effects

- Dry mouth, constipation, or blurred vision
- Urinary difficulty
- Dizziness or drowsiness
- Memory problems, confusion, or hallucinations

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.

Track stiffness, tremor, involuntary movements, bowel function, urination, memory, and falls. Eye-pressure assessment may be needed before and during treatment.

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 glaucoma, urinary or prostate problems, bowel obstruction, severe constipation, heart disease, cognitive impairment, and kidney or liver disease.

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

Medicines and interactions

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

Sedating antihistamines, bladder medicines, tricyclic antidepressants, and other anticholinergics can add confusion, urinary retention, and severe constipation.

Levodopa and other movement medicines may need adjustment. Alcohol, opioids, and sedatives worsen impairment.

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Living with your treatment

When to get help

Emergency symptoms. Get emergency care for a painful red eye with sudden vision changes, severe overheating with little sweating, severe confusion, or fever with marked stiffness.

Prompt medical advice. Seek prompt care for inability to urinate, severe abdominal swelling or pain, hallucinations, or a fast irregular heartbeat.

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

Your questions answered

Will it help all abnormal movements?
No. Tardive dyskinesia may worsen. New mouth or tongue movements need assessment rather than an automatic dose increase.

Why does hot weather matter?
Reduced sweating can impair cooling. Take breaks, avoid overheating, and seek care for heat illness.

Everyday tips

Use dental care and sugar-free gum for dry mouth.

Discuss constipation early and avoid adding OTC anticholinergic medicines.

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: trihexyphenidyl

MedlinePlus: trihexyphenidyl

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