

Understanding Psychotropic Medications for **Anxiety/Agitation/Restlessness**

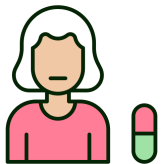
Common medications: Lorazepam, Haldol
(Haloperidol), Seroquel (Quetiapine)

How these medications will help



- > They decrease anxiety and improve quality of life
- > They decrease agitation which can interfere with ability to be cared for safely
- > They can improve sleep duration and quality
- > If agitation is severe, injury can occur and it is safer to give these medications

How to take

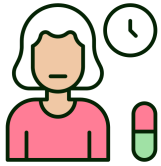


Take it by mouth

All medications should be taken with at least 1-2 ounces of fluid

Can be given as needed or on daily basis. Discuss with the Hospice team

When will it work



It can start working in about 30 MINUTES

There is a liquid form of Lorazepam which can work quicker

There are also preparations which can be given under the skin (SQ) if unable to take by mouth

Lorazepam:

This is the most common medication to use for anxiety

Usual dose is 0.5mg to 2mg every 2-4 hours. Usual maximum dose 10mg per day

It can be taken with pain medications, including Opioids

Haldol:

This is a common medication for agitation, extreme restlessness

Usual dose is 0.5 mg to 1 mg every 4-6 hours

For extreme agitation, the Hospice Team may give more and by different route other than by mouth

Can also be safely taken with pain medications

Seroquel (Quetiapine):

An effective medication for anxiety and agitation

Often given at nighttime, usual dose is 25-50mg

Safe to take with pain medications

Common side effects



Excess sedation



Forgetfulness, inability to remember recent events during time medication was working



Lethargy, excess fatigue

When to call the **Hospice**



Inability to wake up



Increasing agitation, restlessness



Muscle spasms, uncontrolled movements



Breathing that becomes unusually slow or weak