

# Monitoring Schedule for Second-generation Antipsychotic Medications

Suggested Monitoring Schedule for Second-generation Antipsychotic Medications.

	Baseline	4 weeks	8 weeks	12 weeks	Quarterly	Annually
Personal/Family history	X					X
Treatment adherence	X				X	
Sexual dysfunction	X			X		X
Weight (BMI)	X	X	X	X	X	
Waist circumference	X	X		X		X
Blood pressure	X	X		X		X
Blood cell count*	X	X		X		X
Fasting blood glucose	X			X		X
Fasting lipid profile	X			X		Every 5 years
Movement Disorders	X					X
Electrocardiogram**	X					X
Pregnancy test	<i>When clinically appropriate</i>					
Prolactin						
Liver function tests						
Basic metabolic panel						
Urine drug screen						

- More frequent assessments may be warranted based on patient history or clinical status (e.g., at risk for hypertension, hyperglycemia, leukopenia, neutropenia, cardiovascular disease, etc.).
- Patients being considered for **clozapine** will require additional monitoring early in treatment. **Please refer to current [clozapine monitoring guidance](#).**
- **Family history** includes assessment of obesity, diabetes mellitus, dyslipidemia, hypertension, cardiovascular disease. Screen for family history of bipolar disorder, history of suicide and depression. Assess family tolerability with specific medications.
- **Treatment adherence** should include assessment of any new social risk factors that might affect adherence. Reassess treatment if pathological gambling and other compulsive behaviors emerge.
- \* A blood cell count at 4 weeks may not be necessary in most patients. Neutropenia, thrombocytopenia, and agranulocytosis can typically occur not only with clozapine but also with other antipsychotics such as risperidone and quetiapine, in particular when the patient is concurrently on mood stabilizer medications.
- Extrapyramidal symptoms include dystonic reactions, akathisia, parkinsonism, and tardive dyskinesia. [Abnormal Involuntary Movement Scale \(AIMS\)](#) can be used to track symptom severity of tardive dyskinesia.
- \*\*Obtain ECG when treating with a medication associated with QT prolongation like ziprasidone or risperidone (see [Relative Adverse Effect Profiles Table](#)).
- A [national pregnancy exposure registry](#) monitors pregnancy outcomes in individuals exposed to antipsychotics and other psychiatric medications.

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