

Abilify (aripiprazole)



What is it usually prescribed for?

Schizophrenia, bipolar disorder, depression, and other conditions.



How does it work?

Abilify helps improve thinking, mood, and behavior. Abilify helps balance the brain chemicals dopamine and serotonin.



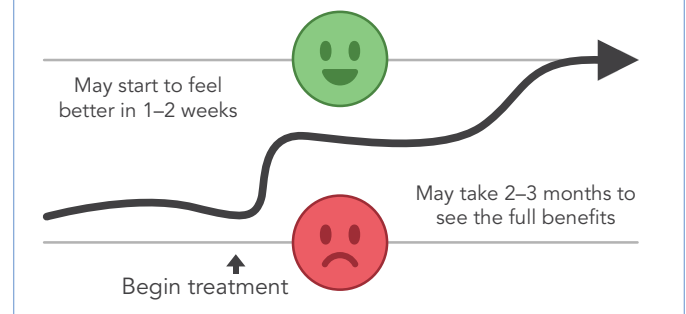
What should I expect?

Symptoms get better the longer you take Abilify. Some symptoms may improve in 1–2 weeks. It may take several months for you to see the full benefits of Abilify.

Your healthcare professional will start with a low dose that is slowly increased to find the best dose that works for you. Tell your healthcare professional about how it's working for you and if you have any side effects so the dose can be changed if needed.

Take Abilify exactly as prescribed to get the full benefit of this medicine.

WHEN WILL I FEEL BETTER?



Will I have side effects?

You may or may not have side effects when taking Abilify. Some side effects go away with time, but others require changes in the medicine.

In most cases, treatment is necessary for a long time to control symptoms. Long treatment may increase the chances of some side effects like weight gain and movement problems.

What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

	Drink less caffeine and alcohol	Do more exercise	Drink plenty of water	Healthcare professional suggestion
Trouble sleeping	X	X		
Feeling restless		X		
Nausea or throwing up	X		X	
Constipation		X	X	
Headache	X	X	X	

Note: This is not a complete list of side effects; other side effects are possible. Before starting Abilify, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



Neuroscience Education Institute

Last updated 06/2021

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YOU'RE NOT ALONE!

In 2018, Abilify was prescribed almost 7.5 million times in the United States.






What should I avoid?

Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are many interactions with medicines that may increase your chance of side effects.

Do not suddenly stop taking Abilify unless your healthcare professional has told you to, because your symptoms may return.

Use less alcohol and recreational drugs. They may decrease the benefits of Abilify and increase the chance of side effects.

WHAT IS MOST IMPORTANT TO REMEMBER

-  It may take up to a few months for you to feel the full benefits of taking this medicine
-  Tell your healthcare professional about any troubling side effects so that you can work together to address them
-  Take exactly as prescribed and do not suddenly stop taking this medicine unless told to do so by a healthcare professional
-  Do not start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional
-  Get medical care right away if you have serious side effects



When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Thoughts about suicide or hurting yourself
- Agitation, distress, or restless feeling
- Trouble swallowing, problems with speech
- Muscle trembling, jerking, or stiffness
- Uncontrolled movements, especially of the face, neck, and back
- Increased thirst, increased urination, dry mouth, fruity breath odor

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



Where can I get more help?

National Alliance on Mental Illness (NAMI) – [nami.org](https://www.nami.org)

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text “HELLO” to 741741



Notes and questions for my next appointment

