

## Further information

### Choice and Medication

For more information about clozapine and other mental health medicines please look at the Choice and Medication website: [www.choiceandmedication.org/cnwl](http://www.choiceandmedication.org/cnwl)

### Medicines Information Helpline

Patients and carers can contact the Medicines Helpline for any queries about their medication: **0203 317 5090** (Monday to Friday, 9am to 5pm)



## Contact details:

Your mental health team can be contacted by calling:

Or contact Single Point of Access (SPA):

**0800 0234 650** (Freephone)

Monday to Friday – 5pm to 9am

Weekends/bank holidays – open 24 hours

Acknowledgement: This is based on material written by Nicola Greenhalgh, Lead MH Pharmacist NELFT.

This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعة الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

### Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

### Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

### Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

### Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

### Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

### Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

### Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

### Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

### Gujarati

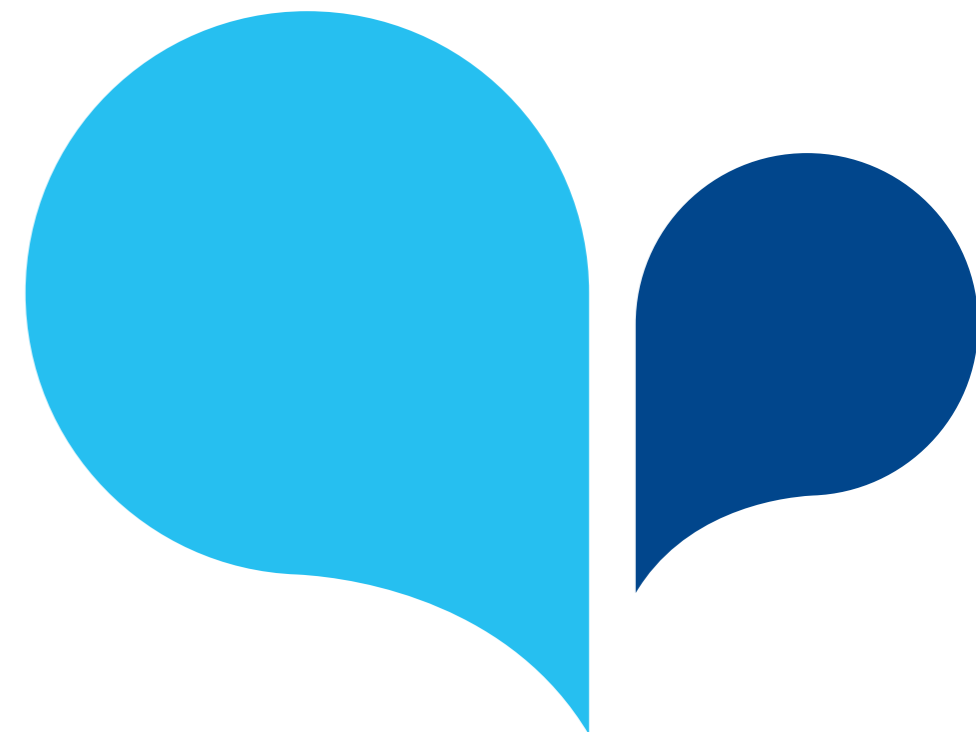
Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

### Turkish

Central and North West London NHS Foundation Trust,  
350 Euston Road, Regent's Place, London NW1 3AX  
Tel: 020 3214 5700 [www.cnwl.nhs.uk](http://www.cnwl.nhs.uk)

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Ref: 1840\_MAR2020 | March 2020

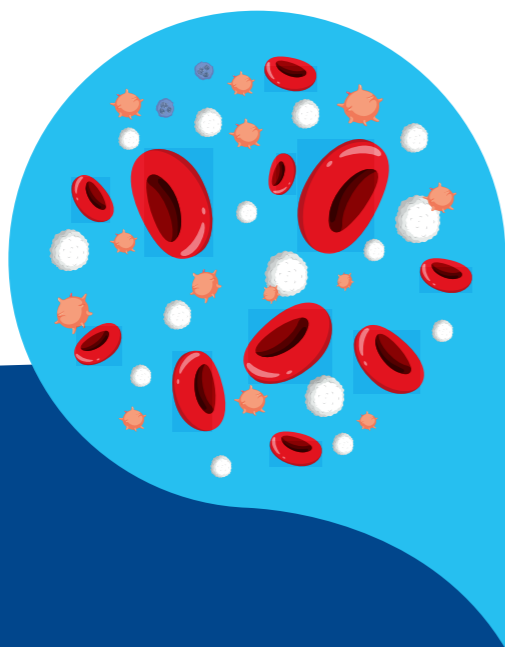
# Clozapine and blood testing during the Coronavirus Outbreak



Clozapine can upset the blood of about two or three people in every hundred people taking it.

It can reduce the number of white cells or neutrophils in the blood (this is called neutropenia or agranulocytosis). This then makes it much harder for your body to fight infections.

**You must have regular blood tests for as long as you are taking clozapine so that we can check that your blood is healthy.**



### What to do if you are isolated or have suspected/confirmed Coronavirus

We currently advise any patient with suspected Coronavirus or patients who are isolated to continue to take clozapine unless you are clearly told otherwise.

You should contact your mental health team as soon as you are isolated or as soon as Coronavirus is suspected or confirmed. Your team may need to arrange alternative ways for you to have your blood test and obtain your medication rather than coming in to your usual clinic.

### What to do if you develop a fever, sore throat or cold/flu like symptoms

Coronavirus is known to cause fever, sore throat and cold or flu like symptoms. However these could also be sign that your blood cell counts are low, so it is important that you **contact your mental health team before your next dose if you experience any of these symptoms**. Your team will advise you on what to do, whether you need an extra blood test and will arrange that with you.

If it is the weekend or out of hours, or you are in any way concerned that you may have Coronavirus **please contact NHS 111 and make sure that you inform them that you take clozapine**.

### General Advice

**It is important to try and limit your chances of getting Coronavirus and follow the NHS advice:**

- Wash your hands with soap and water often – do this for at least 20 seconds always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Try to avoid close contact with people who are unwell
- Don't touch your eyes, nose or mouth if your hands are not clean.

### Ibuprofen

**There is currently no strong evidence that ibuprofen can make coronavirus (COVID-19) worse.**

But until we have more information, take paracetamol to treat the symptoms of coronavirus, unless your doctor has told you paracetamol is not suitable for you or your child.

If you or your child are already taking ibuprofen or another non-steroidal anti-inflammatory (NSAID) on the advice of a doctor, do not stop taking it without checking first.

**[www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/)**

Website updated: 17 March 2020

