Consumers and carers
In rare cases clozapine can cause very serious blood or heart side effects. Usually these side effects occur in the first 28 days of treatment and can be identified by blood and heart monitoring. One way of detecting these problems very early, is by checking your temperature every day.

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To supplement the Clozapine Consumer Information brochure
Revised 5 July 2016

Why?
A raised temperature is common in the first month of treatment, and usually means that the clozapine is starting to work; however it is necessary to check there is nothing serious causing a raised temperature.

Do not panic if your temperature goes up. Although serious side effects are rare daily monitoring of your temperature is required to safeguard your wellbeing.

What to do?
- Check your temperature daily for the first 28 days of treatment and if you feel unwell
- If you don’t have your own thermometer you will be given one to keep similar to this that you will be shown how to use
  - If your temperature is 38 degrees or more
    - Telephone your care coordinator or Clozapine Coordinator
    - On a weekend or public holiday go to a hospital Emergency Department. You will need to have extra blood tests. Tell the staff what has happened and that you have been advised to have your heart checked
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When do I take my temperature?
- If you feel unwell, feverish or notice a sudden rapid heart rate
- Otherwise daily before 2pm when more clozapine informed staff will be available to take your call if you have a high temperature
- Make sure you have not had a hot or cold drink for at least 20 minutes before you check your temperature

For how long?
For 28 days. Your doctor or Clozapine Coordinator will tell you what date to stop

Taking your own temperature any time you feel unwell can help to pick up health problems.

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