

# Clozapine Temperature Monitoring

Important information on how to manage a high temperature or fever during the first 28 days of treatment with clozapine.

Record extra temperature or your notes here:

Start date:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
End date:						

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## Why should I check my temperature?

- A raised temperature is common in the first 28 days of clozapine treatment, and usually means that it is starting to work.
- In rare cases a high temperature or feeling feverish can be signs of a severe blood infection in the body or a heart condition.
- It is important to check your temperature every day to safeguard your wellbeing and help detect problems early on.
- If you don't have your own thermometer, you will be given one like this to keep:



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## What do I need to do?

- Check your temperature under your tongue or your armpit at approximately the **same time every day, for the first 28 days**
- If placing under your tongue make sure you have not had a hot or cold drink for at least 20 minutes beforehand
- Record your temperature in the table overleaf
- Clean thermometer after each use and store safely
- Note: You can also check your temperature any other time you feel unwell

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## High temperature instructions

- If your temperature is **38 degrees or more**
  - Check your temperature again after 15 minutes
  - Telephone your GP or Clozapine Coordinator who will advise you what to do
  - If it is a weekend or public holiday go to a hospital Emergency Department. Tell the staff that you are on clozapine, and that your temperature is raised. Some extra blood tests and heart checks may be needed and/or changes in treatment.

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