

# Depot Injection Clinic

## Physical Treatment Centre

### Patient Information Leaflet

Shining a light on the future



## Who is this leaflet for?

This leaflet is for people who are attending a Depot Injection Clinic. In it, we will try to answer some of the questions that you may have about depot injections and attending the clinic. We aim to give you a clear idea of what the treatment involves, so that you can decide whether it is right for you. Your doctor will also discuss these issues, and any possible alternative treatments. Your doctor will explain your individual treatment plan, how it could help you and will agree the plan with you.

## What is the Depot Injection Clinic?

It is a regular clinic that takes place at:

- **Physical Treatment Centre, Hadrian Clinic, Campus for Ageing and vitality, Newcastle.**  
Every Friday, 9 am – 4 pm

and

- **Community Mental Health Team Base in Molineux Street Health Centre, Byker.**  
Every Tuesday, 9 am – 4 pm and Wednesday 1 pm – 4 pm

You may discuss with the nurses at the clinic, or the person referring you, which particular clinic you would prefer to attend. You may attend at any time during clinic opening hours.

## Interpreters

Interpreters can be arranged by clinic staff if required.

## Where are we?

We are based on the second floor of the Physical Treatment Centre in Hadrian Clinic, Campus for Ageing and Vitality. **You can contact staff on telephone number 0191 246 8663.**

**Physical Treatment Centre  
Hadrian Clinic  
Campus for Ageing and Vitality,  
Westgate Road  
Newcastle upon Tyne  
NE4 6BE**

Sometimes the answering machine may be on to take your call. If so, please leave your name and telephone number and a short message and we will ring you back as soon as possible.

The Molineux Street Clinic is based on the top floor of the Community Mental Health Team. **You can contact staff on telephone number 0191 287 5300**

**Community Mental Health Team  
Depot Clinic  
Molineux Street Health Centre  
Byker  
Newcastle upon Tyne  
NE6 1SG**

## **What is a depot injection?**

A depot injection is a long-acting form of medication. The nurse injects the medication into your muscle where it forms a store or 'depot'. This is then released slowly into your body over a period of weeks.

Other terms that you may hear people using for the medication in a depot injection are 'antipsychotic drugs' or 'neuroleptic drugs'.

## **Why has my doctor prescribed depot injections for me?**

Depot injections can help to reduce unpleasant symptoms such as hearing voices, having strange and frightening thoughts, or experiencing worrying changes in your behaviour. You would usually only need to have a depot injection every one to four weeks, so this can be easier than having to remember to take tablets. You might need to take tablets as well, but if that is the case the depot injection still forms a very important part of your regular treatment.

You should tell the doctor who prescribes your depot injection about any other medication you are taking.

## **What happens when I have the injection?**

A qualified mental health nurse, who works at the clinic, will give you your regular injections, usually into the muscles of the buttocks. In certain circumstances, the injection may be given into the muscle at the top of the arm.

You will be asked to give your verbal consent to having the injection. The procedure usually takes about 10 minutes. However, at busy times you may have to wait a little while to see the nurse.

As we are part of a teaching hospital, from time to time there may be student nurses at the clinic. But it is entirely up to you whether you wish them to be present when you have your injection and/or whether you wish them to give you your injection. You would always be asked to give consent for this, and if you do consent for a student nurse to give you your injection, they would always do this under the supervision of a qualified nurse.

Having the injection isn't usually painful, but the injection site may feel a bit sore afterwards.

Please feel free to discuss anything that concerns you about having your injection with the clinic nurses.

## **Do the injections have side effects?**

Some people do experience side effects. The most common ones are restlessness, feeling dizzy, increase in appetite, which can lead to weight gain, a dry mouth, blurred vision, constipation and general stiffness in the arms, legs and neck. But they don't happen to everyone and you would be very unlikely to experience all of these.

If you do have side effects then we can help you to overcome these, so do let clinic staff know. There are tablets that can be prescribed to counteract some of the side effects. You will be asked about any side effects you are experiencing at each visit.

You may only need to take this medication for a few days following your injection – you and your doctor will discuss this and decide what is best for you. And, after discussing all

these issues with your doctor, you may decide that it is better to accept some side effects rather than having to go through feeling ill again and possibly needing to be admitted into hospital.

### **How often should I have depot injections?**

This may depend on how well you are at any particular time, but it usually varies from every week to every four weeks. Your doctor will decide this with you, depending on how well you are at the moment. Your dosage of medication and how often you have your injections may change if you are getting better or worse, or if you experience too many side effects. You can expect that your depot treatment will be reviewed at least every six months by your doctor.

### **Supposing I miss having my injection – will it cause any problems for me?**

If you forget to have your injection, or miss having it for any other reasons, please let your doctor or nurse know straight away. They will arrange for you to have your injection as soon as possible. This is because, although you will not feel unwell immediately if you miss your injection, after a while your symptoms may become much worse and could result in you needing to be admitted into hospital.

### **What if I want more information about depot injections?**

If you have any questions about your medication or the depot injections, please talk to your doctor or nurse. If you explain what your query is, they will either be able to help you themselves or, will let you know who can give you the information you require. You can telephone us at **Hadrian Clinic on 0191 246 8663**. At certain times the answering machine may be on so please leave your name, contact number and a short message and we will ring you back as soon as we can.

Further information can be obtained by reading The Royal College of Psychiatrists Factsheet – ‘Depot Medication’ – available at the clinics or available from the following link: <http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/schizophrenia/depotmedication.aspx>

Also available is a ‘Depot medication’ factsheet. This is available within clinics, or alternatively please ask the clinic nurses for a copy.

### **References**

Depot Medication Factsheet, Royal College of Psychiatrists  
<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/schizophrenia/depotmedication.aspx>

### **What if I have a comment, suggestion, compliment or complaint about the service?**

- talk to the people directly involved in your care
- complete a feedback card, available on wards. Some areas of the Trust have electronic feedback touch screens, staff can help you to use these. Your feedback allows us to monitor the quality of our services and act upon issues that you or your carers bring to our attention.
- ask a member of staff for a feedback form, or complete a form on the Trust website [www.ntw.nhs.uk](http://www.ntw.nhs.uk) (click on the ‘Contact Us’ tab)
- telephone the Complaints Department Tel: 0191 245 6672

## **Contact Information**

Physical Treatment Centre  
Hadrian Clinic  
Campus for Ageing and Vitality  
Westgate Road  
Newcastle upon Tyne  
NE4 6BE  
Tel: 0191 246 8663

Community Mental Health Team  
Depot Clinic  
Molineux Street Health Centre  
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Newcastle upon Tyne  
NE6 1SG  
Tel: 0191 287 5300



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 223 2545

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