

Protecting Yourself While in the Sun



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WHEN YOU TAKE PSYCHIATRIC MEDICATIONS, YOU MAY need to take some extra steps to protect yourself when it's hot and sunny. Remember to always use sunscreen (SPF 30) and wear clothes that cover your arms and legs. Try to shade your face by wearing a big hat that provides protection from the sun's direct rays.

If you are taking any medications from the following list, you should use special skin care, such as sunblock, while in the sun.

- amitriptyline/Elavil
- doxepin/Sinequan
- trimipramine/Surmontil
- molindone/Moban
- thioridazine/Mellaril
- chlorpromazine/Thorazine
- amoxapine/Asendin
- imipramine/Tofranil
- haloperidol/Haldol
- perphenazine/Trilafon
- trifluoperazine/Stelazine
- desipramine/Norpramin
- maprotiline/Ludiomil
- mesoridazine/Serentil
- risperidone/Risperdal
- triflupromazine/Vesprin

Some medicines can keep your body from cooling down naturally. If you are prescribed these medicines, stay inside where there is air conditioning when the weather is very hot. Here is a list of these kinds of medicines:

- trihexyphenidyl/Artane
- amitriptylene/Elavil
- chlorpromazine/Thorazine
- biperiden/Akineton
- doxepin/Sinequan
- thioridazine/Mellaril
- benztropine/Cogentin
- trimipramine/Surmontil

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