



MEDICATIONS THAT INCREASE PROLACTIN

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Overview

- What is Prolactin
- Medications that increase prolactin and how
- Does dosing affect prolactin levels
- What to look out for
- How to manage prolactin levels
- Takeaways

What is Prolactin

- Hormone made and released by the brain in women AND men
- Important for milk production and breast tissue formation
- Also helps with: immune system, metabolism, water regulation in the body
- Affects fertility and sex drive

How Do Medications Raise Prolactin

- Some medications block dopamine (a chemical that keeps prolactin low)
- If a medication blocks dopamine, prolactin can rise
- This is a common side effect of dopamine blocking psychiatric medications

Antipsychotic Medications that Increase Prolactin

Typical Antipsychotics

- Most likely to raise prolactin
- Haloperidol (Haldol)
- Fluphenazine (Prolixin)
- Chlorpromazine
(increases prolactin the most)

Atypical Antipsychotics

- High Risk
 - *Risperidone (Risperdal)*
 - *Paliperidone (Invega)*
- Low Risk:
 - *Olanzapine (Zyprexa)*
 - *Quetiapine (Seroquel)*
 - *Clozapine (Clozaril)*

Other Medications that Increase Prolactin

- Antidepressants
 - *Sertraline, Fluoxetine, Paroxetine (mild increase)*
- Amitriptyline (mild increase)
- Phenzelzine (rare)
- Antihypertensives
 - Verapamil
 - Methyldopa (rare)

Other Medications that Increase Prolactin

- Nausea medications
- Metoclopramide (moderate increase)
- Domperidone (moderate increase)
- Promethazine (mild increase)
- Estrogen/high dose OCPs
- Opioids
- H2 blockers (cimetidine)
- Anti-seizure medications

Does Dosing Affect Prolactin Levels?

- For most antipsychotics dosing dose matter
- Higher dose = higher prolactin
- Risperdal (Risperdal): > 2mg mild increase, 4-6 moderate, >6 high increase
- Paliperidone (Invega): 3mg mild increase, 6-12mg high increase
- Haloperidol (Haldol): > 5mg mild increase, 10-20mg high increase
- Fluphenazine (Prolixin): >5mg mild increase

Does Dosing Affect Prolactin Levels? Cont.

- Olanzapine (Zyprexa): >15mg mild increase
- Quetiapine (Seroquel): >600mg mild increase (rare)
- Clozapine (Clozaril): 200-600mg minimal increase
- Metoclopramide (Reglan): any dose causes spike

What To Look Out For To Tell Provider

Men

- Low sex drive
- Erectile dysfunction
- Breast enlargement or tenderness
- Nipple discharge (rare)

Women

- Low sex drive
- Irregular/missing periods
- Breast enlargement or tenderness
- Milky nipple discharge
- Fertility issues

How To Manage High Prolactin Levels

What We Do

- Talk about symptoms
- Check prolactin level in the blood
- Adjust dose
- Add or switch medication

What We Do Not Do

- Stop the medication abruptly
- Send everyone for brain MRI

Takeaways

- High prolactin is a common side effect in some psych medications
- High prolactin is treatable
- Talk to your provider. This is not something to be embarrassed about and you are not alone.

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