



Second-Generation Antipsychotic Metabolic Monitoring Revised May, 2025

All second-generation antipsychotics can have metabolic side effects; thus patients need to be systematically monitored as follows:

Baseline information before prescribing:

- Personal and family history of metabolic concerns (cardiac disease, diabetes, hypertension, etc.)
- BMI
- Waist circumference (a more sensitive measure of metabolic health than weight or BMI alone). See here for instructions:
- Blood pressure
- Fasting plasma glucose or hemoglobin A1C
- Fasting lipid profile

After initiation:

At 4 weeks:

- BMI
- Fasting lipid profile for patients taking quetiapine, olanzapine, clozapine

At 8 weeks:

- BMI

At 12 weeks:

- BMI
- Waist circumference
- Blood pressure
- Fasting plasma glucose or hemoglobin A1C
- Fasting lipid profile

Ongoing prescribing:

Quarterly:

- BMI

Annually:

- Personal and family history of metabolic concerns
- Waist circumference

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- Blood pressure
- Fasting plasma glucose or hemoglobin A1C

Adapted from:

1. American Diabetes Association; American Psychiatric Association; American Association of Clinical Endocrinologists; North American Association for the Study of Obesity. Consensus development conference on antipsychotic drugs and obesity and diabetes. *Diabetes Care* 2004; 27:596.
2. De Hert M, Detraux J, van Winkel R, et al. Metabolic and cardiovascular adverse effects associated with antipsychotic drugs. *Nat Rev Endocrinol* 2011; 8:114.
3. De Hert M, Dekker JM, Wood D, et al. Cardiovascular disease and diabetes in people with severe mental illness position statement from the European Psychiatric Association (EPA), supported by the European Association for the Study of Diabetes (EASD) and the European Society of Cardiology (ESC). *Eur Psychiatry* 2009; 24:412.
4. American Diabetes Association. Diagnosis and classification of diabetes mellitus. *Diabetes Care* 2010; 33 Suppl 1:S62.
5. Cohn T. Metabolic monitoring for patients on antipsychotic medications. *Psychiatric Times* 2013.

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