

188 - Hyperprolactinaemia

Hyperprolactinaemia

190 The Maudsley® Prescribing Guidelines in Psychiatry CHAPTER 1 Hyperprolactinaemia is often superficially asymptomatic (that is, the patient does not spontaneously report problems) and there is some evidence that hyperprolactinaemia does not affect subjective quality of life.¹³ Nonetheless, persistent elevation of plasma prolactin is associated with suppression of the hypothalamic-pituitary-gonadal axis.¹⁴ Symptoms of this include sexual dysfunction¹⁵ (but note that other pharmacological activities also give rise to sexual dysfunction),¹⁶ menstrual disturbances,^{4,17} breast growth and galactorrhoea,¹⁷ and may include delusions of pregnancy.¹⁸ Long-term adverse consequences are reductions in bone mineral density^{19,20} and a possible increase in the risk of breast cancer.²¹ Prolactin can also be raised because of stress, pregnancy and lactation, seizures, renal impairment and other medical conditions,^{7,22,23} including prolactinoma. When measuring prolactin, the sample should be taken early in the morning and stress during venepuncture should be minimised.²³ Hyperprolactinaemia Dopamine inhibits prolactin release and so dopamine antagonists can be expected to increase prolactin plasma levels. The degree of prolactin elevation is probably dose-related,¹ and for most antipsychotic medications the threshold activity (D2 occupancy) for increased prolactin is very close to that of therapeutic efficacy.² Genetic differences may also play a part.³ Table 1.43 groups individual antipsychotics according to their effect on prolactin concentrations. Table 1.43 Effects of antipsychotic medication on prolactin concentration.⁴⁻¹² Effect Risk Drug Prolactin-sparing Prolactin increase very rare Aripiprazole Asenapine Brexpiprazole Cariprazine Clozapine Iloperidone Lumateperone Pimavanserin Quetiapine Xanomeline Prolactin-elevating Low risk, minor changes only Lurasidone Olanzapine Ziprasidone Prolactin-elevating High risk; major changes Amisulpride Paliperidone Risperidone Sulpiride First-generation antipsychotics

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