

buspirone



What is it usually prescribed for?

Generalized anxiety disorder and short-term relief of anxiety symptoms. It is also commonly used as an add-on to antidepressant medicines to treat depression.



How does it work?

Buspirone helps control feelings of fear or worry. Buspirone is thought to act as a sort of artificial serotonin, a brain chemical, in brain regions that control fear and worry.



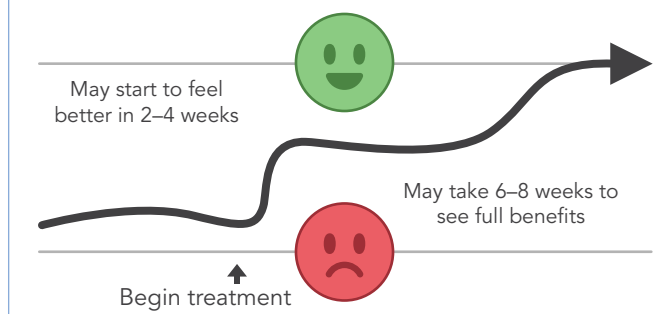
What should I expect?

It may take a few weeks for you to feel the full benefits of taking this medicine. Most people improve within the first 2–4 weeks, but it may take up to 6–8 weeks to improve fully.

Your healthcare professional will start with a low dose that is slowly increased to find the best dose that works for you. Tell your healthcare professional how it's working for you and if you have any side effects so the dose can be changed if needed.

Take buspirone exactly as prescribed to get the full benefit of this medicine.

WHEN WILL I FEEL BETTER?



Will I have side effects?

You may or may not have side effects when taking buspirone. The chance of some side effects like sleepiness increases with larger doses. Buspirone may have a smaller chance of sexual side effects than other medicines for anxiety that act on the chemical serotonin. Unlike another class of medicines for anxiety (benzodiazepines), buspirone does not have a risk of emotional and/or physical dependence (addiction) that can make it difficult to stop taking.

What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

	Drink plenty of water	Drink less alcohol	Do more exercise	Healthcare professional suggestion
Feeling dizzy	X	X		
Headache	X	X	X	
Feeling sleepy		X	X	
Feeling nervous or excitable			X	
Nausea	X	X		

Note: This is not a complete list of side effects; other side effects are possible. Before starting buspirone, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



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YOU'RE NOT ALONE!

In 2020, buspirone was prescribed over 11.8 million times in the United States

What should I avoid?






Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are some interactions with medicines that may increase your chance of side effects.

Do not suddenly stop taking buspirone unless your healthcare professional has told you to, because it can cause your symptoms to return.

Use less alcohol and recreational drugs. They may decrease the benefits of buspirone and increase the chance of side effects.

Avoid drinking large amounts of grapefruit juice, because it may increase the chance of side effects.

WHAT IS MOST IMPORTANT TO REMEMBER

-  It may take up to a few weeks for you to feel the full benefits of taking this medicine
-  Tell your healthcare professional about any troubling side effects so that you can work together to address them
-  Do not suddenly stop taking this medicine unless told to do so by your healthcare professional
-  Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional
-  Get medical care right away if you have serious side effects



When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Feeling jittery or restless
- Very bad dizziness or passing out, change in thinking clearly, trouble breathing
- Very stiff muscles, high fever, sweating, confusion, fast or uneven heartbeats, feeling like you might pass out

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



Where can I get more help?

National Alliance on Mental Illness (NAMI) – [nami.org](https://www.nami.org)

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text "HELLO" to 741741



Notes and questions for my next appointment

