Te Whatu Ora
Health New Zealand
Waitaha Canterbury

BUSPIRONE

bus-pi-rone

What does it do?

Buspirone is used to treat and prevent anxiety. It is also sometimes used for other conditions.

Before you start

- Tell your doctor if you have liver or kidney problems, Parkinson's disease or if you have ever had a seizure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *buspirone* regularly as directed with a glass of water. You can take *buspirone* with or without food, but take it the same way each time.

What if you forget a dose?

Take the missed dose as soon as you remember. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *buspirone* including:

- some antihistamines (may be in anti-allergy, anti-nausea and cough/cold medicines)
- prochlorperazine
- fluconazole (e.g. Diflucan®) or miconazole (e.g. Daktarin Oral Gel®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort, valerian) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Muscle twitching or shaking you can't control, confusion, heavy sweating, fever	Tell your doctor immediately
Nervousness Tingling or numbness	Tell your doctor
Dizziness, drowsiness, tiredness, weakness, trouble sleeping, strange dreams, headache, blurred vision Stomach upset	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Feelings of anxiety in the first few weeks of therapy are common, but should get better. Discuss with your doctor.
- Grapefruit, grapefruit juice or sour/Seville oranges may react with *buspirone*. Discuss with your pharmacist.
- *Buspirone* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)