Buspirone (Buspar®)
ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____**Date** _____

Initial Medication Instructions _____

What does this medication help to treat?
- ☐ Symptoms of anxiety (tension, restlessness, fearful feelings, insomnia)
- ☐ Used to treat and prevent general anxiety disorder

Buspirone is sometimes prescribed for other uses; ask your prescriber for more information.

Other Information
- The onset of benefits from buspirone is not immediate, but will appear within 2 weeks of continually taking the medicine.
- Maximum effects occur within 3-6 weeks.
- Advantages: very little effect on mental alertness, does not produce dependence problems and does not have potential to cause addiction/abuse.

Side Effects and Management

Common (greater than 10 in 100 clients on this medication)	
Dizziness	Get up slowly, and dangle your feet when rising from a chair or from bed.
Jittery, restless feeling	Usually goes away as your body gets used to the effects from the medication in about 2 weeks.
Difficulty sleeping	Take dose earlier in the day and try taking last dose before 4pm to avoid sleep difficulties later in the evening.
Uncommon (~1 to 10 in 100 clients on this medication)	
Nausea, upset stomach	Take with a light low-fat snack.
Headache	Talk to your prescriber about starting an over-the-counter pain reliever.
Ringing of the ear(s)	Talk to your prescriber.
Nasal congestion, sore throat	Can take OTC medication for nasal congestion and sore throat. Consult with a pharmacist or your prescriber.
Tremor	May be a sign that your dose is too high, so talk to your prescriber about considerations for decreasing your dose.
Numbness of hands or feet	
Anger, hostility	
Muscle weakness	
Confusion, blurred vision	**References: Clinical Pharmacology, LexiComp 2011**

Note: This information is not intended to cover all possible uses, precautions, interactions or adverse effects for this medication. If you have further questions about the medications you are taking check with your health care professional.

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