

# Buspar<sup>®</sup>



Buspirone Hydrochloride

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## Consumer Medicine Information

### What is in this leaflet

This leaflet answers some common questions about Buspar. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor or pharmacist has weighed the risks of you taking Buspar against the benefits they expect it will have for you.

**Always follow the instructions that your doctor and pharmacist give you about Buspar. If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.**

You may need to read it again.

### What Buspar is used for

Buspar is an anxiolytic, a medicine used to treat anxiety over short periods of time. The way it works is unknown. It does not relax muscles or cause drowsiness in most patients.

Your doctor may have prescribed Buspar for another reason. **Ask your doctor if you have any questions about why Buspar has been prescribed for you.**

There is no evidence that Buspar is addictive.

This medicine is available only with a doctor's prescription.

Buspar is not recommended for use in children (under the age of 18), as there have not been enough studies of its effects in children.

### Before you take Buspar

#### *When you must not take it*

**Do not take Buspar if you have an allergy to Buspar or any of the ingredients listed at the end of this leaflet.**

Symptoms of an allergic reaction may include:

- itchy rash, hives, nettle rash or other itchy swellings on the skin
- shortness of breath, wheezing or difficulty breathing
- swelling of the face, lips, tongue or throat which may cause difficulty in swallowing or breathing

**Do not take Buspar if you have or have had severe liver disease in the past.**

**Do not take Buspar after the expiry date (EXP) printed on the pack.**

If you take this medicine after the expiry date has passed, it may not work as well.

**Do not take Buspar if the packaging is torn or shows signs of tampering, or if the tablets do not look quite right.**

**If you are not sure whether you should start taking Buspar, talk to your doctor or pharmacist.**

### ***Before you start to take Buspar***

**Tell your doctor or pharmacist if you have allergies to:**

- any other medicines
- any foods, preservatives or dyes

**Tell your doctor or pharmacist if you are pregnant or intend to become pregnant.**

Your doctor will discuss the possible risks and benefits of taking Buspar during pregnancy.

**Tell your doctor or pharmacist if you are breast-feeding or plan to breast-feed.**

Buspar may pass into breast milk. Your doctor will discuss the possible risks and benefits of taking Buspar if you are breastfeeding.

**Tell your doctor or pharmacist if you have or have had any medical conditions, especially the following:**

- Any problems with your kidneys or liver
- If you have ever had convulsions, fits or seizures

**Tell your doctor or pharmacist if you are taking a monoamine oxidase inhibitor like phenelzine (eg *Nardil*) or tranylcypromine (eg *Parnate*).** Your doctor may change your medicines.

**If you have not told your doctor or pharmacist about any of the above, tell them before you start using Buspar.**

### ***Taking other medicines***

**Tell your doctor or pharmacist if you are using any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.**

Some medicines and Buspar may interfere with each other. These include:

- Monoamine oxidase inhibitors like phenelzine (eg *Nardil*) or tranylcypromine (eg *Parnate*).
- Selective Serotonin Re-uptake Inhibitors like fluoxetine (eg *Prozac*, *Lovan*, *Zactin*), fluvoxamine (eg *Luvox*), paroxetine (eg *Aropax*) and sertraline hydrochloride (*Zoloft*).
- Any other anti-depressant medicine, sleeping tablets or medicine given to calm the nerves or to improve moods.
- Medicines known as benzodiazepines like diazepam (eg *Valium*, *Antenex*, *Ducene*), alprazolam (eg *Kalama*, *Xanax*) or temazepam (eg *Temaze*, *Euhypnos*, *Normison*).
- Haloperidol (eg *Serenace*), nefazodone (*Serzone*)
- Antibiotics like erythromycin (eg *Eryc*, *EES*, *E-Mycin*) or rifampicin (*Rifadin*, *Rimycin*); medicines used to treat fungal infections like itraconazole (*Sporanox*) or ketoconazole (*Nizoral*); or medicines used to treat viral infections like ritonavir (*Kaletra*, *Norvir*).
- Medicines used for high blood pressure or angina like diltiazem (eg *Cardizem*), or verapamil (eg *Cordilox*, *Isoptin*).
- Anticonvulsants such as phenytoin (*Dilantin*), phenobarbitone, or carbamazepine (eg *Tegretol*).

***NOTE: the names of the medicines are included as examples and are not a complete list - You must tell your doctor if you are taking any other medicines.***

These medicines may be affected by Buspar, or may affect how well it works. You may need different amounts of your medicine, or you may need to use different medicines. Your doctor or pharmacist will advise you.

Your doctor and pharmacist may have more information on medicines to be careful with or avoid while taking Buspar.

## **How to take Buspar**

### ***How much to take***

The starting dose is usually one 5mg tablet taken three times a day. It may be necessary to increase the dose by one 5mg tablet a day every 2 to 3 days to get a good response. This is usually reached at around two to three 10mg tablets a day, taken in two or three doses. No more than six 10mg tablets should be taken in 24 hours. Elderly people should take no more than three 10mg tablets in 24 hours.

Your doctor or pharmacist will tell you how many tablets you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.

**Follow all directions given to you by your doctor or pharmacist carefully.**

They may differ from the information contained in this leaflet.

**If you do not understand the instructions on the box, ask your doctor or pharmacist for help.**

### ***How to take Buspar***

Swallow Buspar with a glass of water

### ***When to take Buspar***

**Take Buspar at about the same times each day.** Taking your tablets at the same times each day will have the best effect. It will also help you remember when to take the tablets. It does not matter if you take Buspar before or after food, but you should take it consistently with or without food.

### ***If you forget to take Buspar***

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.** Otherwise take it as soon as you remember (as long as it is 6 hours before the next dose is due), and then go back to taking Buspar as you would normally.

**Do not take a double dose to make up for the dose that you missed.**

This may increase the chance of you getting an unwanted side effect.

**If you are not sure what to do, ask your doctor or pharmacist.**

**If you have trouble remembering to take your medicine, ask your pharmacist for some hints.**

### ***How long to take Buspar***

Buspar helps control your condition, but it does not cure it. Continue taking Buspar until you finish the pack or your doctor or pharmacist tells you to stop.

### ***If you take too much (overdose)***

**Immediately telephone your doctor or pharmacist or the Poisons Information Centre (telephone 13 11 26), or go to Accident and Emergency at your nearest hospital, if you think that you or anyone else may have taken too much Buspar. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.**

If you take too much Buspar, you may feel sick and may vomit. You may also feel dizzy, drowsy, and your eyesight may be affected.

## **While you are using Buspar**

### *Things you must do*

**Tell any other doctors, dentists, and pharmacists who are treating you that you are taking Buspar.**

**If you are about to be started on any new medicine, tell your doctor, or pharmacist that you are taking Buspar.**

**If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking Buspar.**

**If you become pregnant while taking Buspar, tell your doctor or pharmacist immediately.**

### *Things you must not do*

**Do not give Buspar to anyone else, even if they have the same condition as you.**

**Do not use Buspar to treat any other complaints unless your doctor or pharmacist tells you to.**

**Do not stop taking Buspar, or lower the dosage, without checking with your doctor or pharmacist.**

**Do not drink alcohol while you are using Buspar.**

**Do not eat grapefruit or drink grapefruit juice while you are using Buspar**

### *Things to be careful of*

**Be careful driving or operating machinery until you know how Buspar affects you.**

Buspar may cause dizziness, headache, drowsiness, light headedness and nausea in some people. Make sure you know how you react to Buspar before you drive a car, operate machinery, or do anything else that could be dangerous if you are dizzy or light-headed. If this occurs do not drive.

## **Side Effects**

**Tell your doctor or pharmacist as soon as possible if you if you do not feel well while you are taking Buspar.**

Buspar helps most people with anxiety, but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects. **Ask your doctor or pharmacist to answer any questions you may have.**

If you get any side effects, do not stop taking Buspar without first talking to your doctor or pharmacist.

**Tell your doctor or pharmacist if you notice any of the following and they worry you:** dizziness; insomnia; nervousness; excitement; headache; drowsiness; nausea; disturbed dreams; feel light headed or unusual tiredness or weakness. These are the more common side effects of Buspar

**If any of the following happen, tell your doctor or pharmacist immediately or go to Accident and Emergency at your nearest hospital:**

- swelling of the throat or tongue
- chest pain
- confusion
- fast pounding heartbeat
- fever
- mental depression
- incoordination; muscle weakness; numbness, tingling, pain or weakness in hands or feet
- stiffness of arms or legs; uncontrolled movements of the body
- skin rash or hives
- sore throat
- fainting
- hallucinations
- urinary retention
- Serotonin Syndrome: restlessness, confusion, agitation, feeling overheated or excessive sweating, euphoria, racing heartbeat, headache, confusion and concentration problems, shakiness, difficulty with reflexes, excessive salivation, rapid contraction and relaxation of the ankle muscle causing abnormal movements of the foot, abnormal movements of the jaw, clumsiness, feeling intoxicated or dizzy, sweating, muscle twitching, rigidity, loosening of the bowels or diarrhoea.

These are serious side effects. You may need urgent medical attention or hospitalisation. All of these side effects are rare.

Other side effects not listed above may occur in some patients. **Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

On stopping Buspar you may experience some nausea, insomnia, dizziness or mild feelings of sadness. However, these are uncommon.

**Do not be alarmed by these possible side effects.** You may not experience any of them.

## **After taking Buspar**

### *Storage*

**Keep your tablets in the pack until it is time to use them.** If you take pack they will not keep well.

**Do not store Buspar or any other medicine in the bathroom or near a sink.**

**Do not leave it in the car on hot days or on window sills.** Heat and dampness can destroy some medicines.

**Buspar should be kept in a cool dry place where the temperature stays below 30EC. Please keep Buspar out of the reach of children,** a locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

***Disposal***

If your doctor or pharmacist tells you to stop using Buspar or the tablets have passed their expiry date, ask your pharmacist how to dispose of them safely.

**Product Description*****What Buspar looks like***

**Buspar** tablets are white and pillow shaped tablets

5mg (marked 'BUSPAR' on one side, and on the other 'MJ' and '5' imprinted on either side of a break bar) or

10mg (marked '10', with a break bar)

in blister packs of 50 tablets.

***Ingredients***

**Active ingredient** - buspirone hydrochloride

**Other ingredients** - lactose, sodium starch glycollate, microcrystalline cellulose (E 460), colloidal silicon dioxide (E 551) and magnesium stearate (E 572).

Buspar tablets do not contain sucrose, gluten, tartrazine or any other azo dyes.

***Distributor & Sponsor***

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