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PSYCHIATRY

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PATIENT EDUCATION

Blonanserin

Lonasen / International oral and patch formulations

A guide for adults taking blonanserin.
Follow the directions on your prescription and your provider's recommendations.

TAKE AFTER MEALS | JAPANESE ORAL-FORMULATION REFERENCE

Formulations: Oral tablets or measured powder are generally taken after meals. A patch exists in Japan, but it has different dosing and application instructions.

What it is used for

Blonanserin treats schizophrenia in Japan and certain other countries. This guide primarily describes oral treatment. Local approval, available formulations, and driving instructions differ from U.S. prescribing.

How it works

It blocks dopamine D2 and serotonin 5-HT2A receptors, reducing signaling involved in psychotic symptoms. The dopamine effects can also cause restlessness, stiffness, or hormone changes.

What to expect over time

Some symptoms improve earlier than others. Changes in hallucinations, mood, or organized thinking often develop over several weeks. Track practical goals, such as regular sleep and daily activities, and report side effects or limited benefit.

Taking your medication

- Take oral doses after meals, usually twice daily as prescribed. Food affects absorption.
- If you miss an oral dose, take it after a meal or snack when remembered unless the next dose is nearly due. Then skip it. Never double.
- Do not substitute a patch for tablets or powder without a prescribing plan.
- Follow the local leaflet's driving restriction. Avoid alcohol and grapefruit juice.

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Side effects and safety

Possible side effects

- Sleepiness, dizziness, or lightheadedness
- Restlessness, stiffness, or tremor
- Changes in appetite, weight, or digestion

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Expect periodic checks of weight, blood pressure, blood sugar, cholesterol, and movement symptoms. Some changes, such as higher blood sugar, may occur before you feel different.

Report new mouth, tongue, face, or limb movements. Tardive dyskinesia is a movement disorder that can persist after medication is stopped.

Report menstrual changes, breast discharge, sexual difficulties, or severe constipation. Additional heart, liver, or blood-count tests depend on your clinical risks.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss diabetes, heart-rhythm problems, fainting, seizures, low blood counts, swallowing difficulties, and kidney or liver disease. Antipsychotics increase the risk of death in older adults with dementia-related psychosis.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Strong medicines that inhibit CYP3A, including certain antifungals and antivirals, may be contraindicated. Check before taking a new antibiotic or COVID treatment.

Grapefruit increases exposure. Other sedatives and blood-pressure medicines may increase impairment or fainting.

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Living with your treatment

When to get help

Emergency symptoms. Get emergency care for fever with severe muscle stiffness and confusion, a seizure, fainting with an irregular heartbeat, or trouble breathing. Fever and stiffness can signal neuroleptic malignant syndrome, a rare but serious reaction.

Prompt medical advice. Contact your provider promptly for new involuntary movements, trouble swallowing, severe restlessness, or symptoms of high blood sugar such as unusual thirst and frequent urination.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Can I stop when I feel better?
Consult with your provider. Continuing treatment may prevent symptoms from returning. Abrupt stopping can cause withdrawal symptoms or a relapse.

What if I cannot sit still?
An inner urge to keep moving can be akathisia, a medication side effect. Tell your provider promptly; it can be mistaken for worsening anxiety.

Everyday tips

Stand up slowly. Avoid driving until you know how the medication affects alertness and coordination.

Stay hydrated and take breaks in hot weather. Some antipsychotics interfere with temperature regulation.

Discuss appetite or weight changes early, and keep scheduled monitoring visits.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

PMDA: Lonasen patient guide, 2023

Educational handout; does not replace your prescription or provider's recommendations.