Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

PATIENT EDUCATION

Centanafadine

Simtriyo / Extended-release capsules

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

NOT YET COMMERCIALLY AVAILABLE | DEA SCHEDULING PENDING

Formulations: Simtriyo is an extended-release capsule intended for morning use. The label lists several strengths. Do not substitute another ADHD medicine or an investigational formulation for the prescribed capsule.

What it is used for

Centanafadine is a treatment for attention-deficit/hyperactivity disorder (ADHD). This guide addresses adult use. Treatment aims to improve attention, organization, and impulse control in daily life.

Availability, October 20, 2026: the manufacturer reports FDA approval, but Simtriyo is still awaiting DEA scheduling and is not yet commercially available. Confirm availability and final prescribing instructions before starting.

How it works

Centanafadine reduces the reuptake of norepinephrine, dopamine, and serotonin, increasing their signaling. Its FDA label classifies it as a central nervous system stimulant and includes warnings about misuse and addiction.

What to expect over time

Review benefit and tolerability during the first weeks and after dose changes. Track task completion, attention, sleep, appetite, and mood. Do not increase the dose for a demanding day.

Taking your medication

- Take once each morning, at about the same time, with or without food.
- Swallow whole, or follow the labeled method for sprinkling the entire capsule contents onto one tablespoon of applesauce or yogurt, or into one tablespoon of orange juice. Consume immediately, then drink water.
- Do not chew the granules, divide the contents, or save a mixture for later.
- A missed dose may be taken within four hours of the usual time. After that, skip it. Take no more than one dose in a day.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

CENTANAFADINE / 02

Side effects and safety

Possible side effects

- Headache or trouble sleeping
- Reduced appetite
- Nausea, dry mouth, or diarrhea
- Faster pulse or higher blood pressure

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.

Have blood pressure and pulse checked before and during treatment. Review weight, appetite, sleep, mood, circulation in fingers and toes, and any new tics.

The label warns about abuse, misuse, and addiction. Its suicidal-thoughts warning specifically concerns pediatric patients; adults should also promptly report major mood or behavior changes.

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 heart disease, high blood pressure, fainting, family history of sudden death, bipolar disorder, psychosis, tics, circulation problems, and substance use.

Do not use with an MAOI or within 14 days of stopping one, or with current or previous pheochromocytoma, a rare adrenal-gland tumor. Severe liver impairment is another reason to choose a different treatment.

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.

Other stimulants and medicines that raise blood pressure can add cardiovascular risks. Serotonergic medicines need review. Centanafadine can also increase exposure to caffeine and some other medicines.

Do not consume alcohol at the same time as the dose or for at least two hours afterward; it can speed release from the capsule. Review any alcohol use with your provider.

Jeffrey Panko NP
PSYCHIATRY

Jeffrey Panko, PMHNP-BC
Phone 646-549-4694 | Fax 646-558-4238
JMPankoNP@JeffreyPanko.com
jeffreypanko.com

CENTANAFADINE / 03

Living with your treatment

When to get help

Emergency symptoms. Get emergency care for chest pain, fainting, a seizure, severe breathing trouble, or stroke symptoms. Fever with confusion and stiff or twitching muscles may be serotonin syndrome.

Prompt medical advice. Contact your provider promptly for a new rash, hallucinations, mania, new tics, or painful or discolored fingers or toes. Swelling or breathing difficulty requires emergency care.

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

Your questions answered

Is it a nonstimulant because it works differently?
The FDA label classifies Simtriyo as a central nervous system stimulant. Do not assume its misuse or cardiovascular risks are absent.

Can I fill a prescription now?
The manufacturer currently says it is not commercially available. Your provider and pharmacist should confirm the launch, scheduling, and final label before use.

Can I open the capsule?
Only using the specific food or juice method above. Use all the contents and swallow without chewing; the granules control release.

Everyday tips

Plan regular meals and a consistent sleep schedule.

Keep any future supply locked away and never share it. Arrange follow-up rather than changing doses yourself.

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

FDA: Simtriyo prescribing information (July 2026; scheduling pending)
Otsuka: Simtriyo availability notice (accessed October 20, 2026)

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