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PSYCHIATRY

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PATIENT EDUCATION

Flibanserin

Addyi / Oral tablets

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

ONE TABLET AT BEDTIME | CHECK ALCOHOL TIMING BEFORE EVERY DOSE

Formulations: Oral tablets are taken at bedtime every day. Daytime dosing increases the risk of low blood pressure, fainting, and injury.

What it is used for

Flibanserin treats acquired, generalized hypoactive sexual desire disorder in women younger than 65 when low desire causes distress and is not explained by another condition, medication, or relationship problem. Current U.S. labeling includes eligible premenopausal and postmenopausal women.

How it works

It acts at serotonin receptors, including activating 5-HT1A and blocking 5-HT2A receptors. It is taken regularly; it is not an immediate sexual-performance medicine.

What to expect over time

Benefit is assessed over weeks through desire and related distress. It does not reliably produce a response immediately before sexual activity.

Taking your medication

- Take only at bedtime. If you miss a dose, skip it and take the next dose at the following bedtime.
- After one or two standard alcoholic drinks, wait at least two hours before the bedtime dose. After three or more drinks that evening, skip the dose.
- After taking the dose, do not drink alcohol until the next day.
- Review treatment after eight weeks; stop if there has been no improvement.

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Side effects and safety

Possible side effects

- Dizziness, sleepiness, or fatigue
- Nausea, dry mouth, or insomnia
- Low blood pressure or fainting

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.

Review dizziness, falls, sedation, alcohol timing, and any new medications. Avoid driving or hazardous activity for at least six hours after a dose and until you know its effects.

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

Do not use with liver impairment or moderate or strong CYP3A inhibitors. Discuss low blood pressure, fainting, and all medicines. Review pregnancy and breastfeeding; breastfeeding is not recommended during treatment.

Medicines and interactions

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

Alcohol close to a dose can cause severe hypotension and fainting. The timing rules are essential.

Certain antibiotics, antifungals, antivirals, and grapefruit can greatly increase levels. Starting or stopping an interacting medicine may require a waiting period. Sedatives add impairment.

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Living with your treatment

When to get help

Emergency symptoms. Call 911 for collapse, severe breathing difficulty, or a severe allergic reaction. If lightheaded, lie down and seek help rather than attempting to walk.

Prompt medical advice. Report fainting, marked daytime sedation, or persistent severe dizziness. Contact your provider before starting a new interacting medicine.

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

Your questions answered

Is this only for premenopausal women?
The U.S. indication was expanded in December 2025 to eligible women younger than 65, including postmenopausal women.

Can I take it just before sex?
No. It is a daily bedtime treatment; extra doses increase risk.

Everyday tips

Keep the alcohol and medication timing instructions easy to find.

Review other possible causes of low desire as part of care.

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

DailyMed: Addyi prescribing information (December 2025 indication update)

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