Jeffrey Panko NP
PSYCHIATRY

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

PATIENT EDUCATION

Memantine

Namenda / Generic oral formulations

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

CHECK IR OR XR

SMALL BENEFITS CAN MATTER

Formulations: Immediate-release tablets or solution and once-daily extended-release capsules have different schedules. Namzaric combines memantine with donepezil and has additional precautions.

What it is used for

Memantine treats symptoms of moderate to severe Alzheimer dementia. It may help cognition or daily functioning, sometimes alongside donepezil. It does not cure Alzheimer disease or establish that the underlying disease has stopped progressing.

How it works

It blocks NMDA-type glutamate receptors under conditions of sustained activation. This affects signaling involved in learning and memory; symptom benefit varies between people.

What to expect over time

Assess benefit over weeks to months using familiar daily activities and caregiver observations. Temporary variation in memory does not reliably show whether treatment is working.

Taking your medication

- Increase only according to the starting schedule. Take with or without food.
- ER capsules may be swallowed whole or opened onto applesauce as labeled; swallow all the beads without chewing. Do not divide a capsule’s contents.
- Use a dosing device for liquid. Skip a missed dose; do not double.
- After several missed days, contact your provider before restarting; a lower restart dose may be needed.

Jeffrey Panko NP
PSYCHIATRY

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

Side effects and safety

Possible side effects

- Dizziness or headache
- Constipation
- Confusion or sleepiness

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.

Track bowel movements, falls, alertness, and daily functioning. Kidney function affects dosing; report dehydration or a significant new illness.

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 kidney disease, seizures, urinary infections, and major changes in confusion.

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 NMDA-blocking medicines, including amantadine, ketamine, and dextromethorphan, require review.

Sodium bicarbonate and medicines or illnesses that make urine more alkaline can reduce clearance and raise memantine levels.

Jeffrey Panko NP
PSYCHIATRY

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

Living with your treatment

When to get help

Emergency symptoms. Get emergency care for trouble breathing, swelling of the face or throat, a seizure, or collapse.

Prompt medical advice. Report persistent new confusion, repeated falls, or severe constipation. Sudden confusion needs assessment for infection and other causes, not simply a dose increase.

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

Your questions answered

Will it restore lost memories?
That is not the expected effect. Goals may include maintaining useful abilities or slowing symptom worsening for a time.

Can it be taken with donepezil?
Sometimes. Your provider should review the combined benefit and each medicine's side effects.

Everyday tips

Use caregiver assistance and one shared medication list.

Keep a brief record of practical abilities, rather than repeatedly testing memory.

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

MedlinePlus: memantine
Official prescribing information: memantine

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