Jeffrey Panko NP
PSYCHIATRY

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

PATIENT EDUCATION

Perospirone

Lullan / Japanese oral formulation

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

AFTER MEALS | USUAL SCHEDULE: THREE TIMES DAILY

Formulations: Oral tablets are generally taken three times daily after meals under Japanese prescribing guidance.

What it is used for

Perospirone is used in Japan to treat schizophrenia. It is not an FDA-approved U.S. medication. Follow the locally supplied formulation's instructions.

How it works

It affects dopamine D2 and serotonin receptors. These actions can reduce psychotic symptoms and also affect movement, alertness, and prolactin.

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 after meals at the prescribed times. Remove tablets from blister packaging before swallowing.
- If a dose is missed, take after food when remembered unless the next dose is nearly due. Do not double.
- Follow the local leaflet's restriction on driving or hazardous machinery.
- Consult with your provider before stopping or restarting after a treatment gap.

Jeffrey Panko NP
PSYCHIATRY

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

PEROSPIRONE / 02

Side effects and safety

Possible side effects

- Restlessness, stiffness, or tremor
- Sleepiness, insomnia, or dizziness
- Nausea or constipation
- Prolactin-related menstrual, breast, or sexual changes

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.

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.

Diabetes and significant blood-sugar risk require particular review under Japanese labeling. Report severe thirst or frequent urination promptly.

Medicines and interactions

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

CYP3A-altering medicines can change perospirone exposure. Review antibiotics, antifungals, seizure medicines, and grapefruit.

Alcohol and sedatives add impairment. Levodopa and other dopamine medicines may conflict; metoclopramide can add movement problems.

Jeffrey Panko NP
PSYCHIATRY

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

PEROSPIRONE / 03

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: Lullan patient guide, 2023

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