Jeffrey Panko NP
PSYCHIATRY

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

PATIENT EDUCATION

Pitolisant

Wakix / Oral tablets

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

TAKE ONCE EACH MORNING | CHECK INTERACTIONS AND DOSE LIMITS

Formulations: Tablets are taken once each morning after a gradual dose increase. Kidney or liver function and interacting medicines can change the dose limit.

What it is used for

Pitolisant treats excessive daytime sleepiness or cataplexy associated with narcolepsy. Cataplexy is a brief loss of muscle strength, often triggered by emotion. This guide addresses adult treatment.

How it works

It acts at histamine H3 receptors, increasing histamine signaling involved in wakefulness. It does not replace adequate sleep or cure narcolepsy.

What to expect over time

Improvement can take several weeks, sometimes up to eight weeks. Track daytime sleepiness and cataplexy separately rather than increasing doses early.

Taking your medication

- Take each morning when you wake, with or without food.
- Follow the gradual starting schedule.
- Skip a missed dose and take the next dose the following morning. Do not double.
- Avoid driving while sleepy, even if treatment has helped.

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Side effects and safety

Possible side effects

- Insomnia, headache, or nausea
- Anxiety or irritability
- Abdominal discomfort or dry mouth

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 pulse, mood, sleep, and heart-rhythm risk. ECG or electrolyte tests may be appropriate when risks or interacting medicines are present.

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 long QT, fainting, slow pulse, low potassium or magnesium, and kidney or liver disease. Severe liver impairment is a contraindication.

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.

QT-prolonging medicines can add dangerous rhythm risk. Strong CYP2D6 inhibitors may require a lower dose; CYP3A inducers can reduce exposure.

Sedating H1 antihistamines can oppose benefit. Hormonal contraception may be less effective; use an alternative nonhormonal method during treatment and for at least 21 days after stopping.

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PITOLISANT / 03

Living with your treatment

When to get help

Emergency symptoms. Get emergency care for collapse, chest pain with an irregular heartbeat, a seizure, or severe allergy.

Prompt medical advice. Report hallucinations, major mood changes, persistent insomnia, or palpitations promptly.

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

Your questions answered

Is it a controlled stimulant?
It is not a U.S. controlled substance. Its different mechanism still requires interaction and heart-risk review.

Can I take an OTC sleep aid?
Check first. Sedating antihistamines can work against pitolisant and increase next-day impairment.

Everyday tips

Keep a consistent sleep schedule and a brief symptom diary.

Review contraception and new prescriptions before they change.

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

Official prescribing information: pitolisant

MedlinePlus: pitolisant

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