Jeffrey Panko NP
PSYCHIATRY

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

PATIENT EDUCATION

Valbenazine

Ingrezza / Ingrezza Sprinkle

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

ONCE DAILY | REPORT NEW MOOD OR MOVEMENT CHANGES

Formulations: Standard capsules are swallowed whole. Ingrezza Sprinkle capsules have separate instructions for opening onto soft food.

What it is used for

Valbenazine treats tardive dyskinesia in adults and chorea associated with Huntington disease. It reduces involuntary movements; it does not cure the underlying condition.

How it works

It inhibits VMAT2, reducing packaging of dopamine into nerve-cell storage vesicles. Lower dopamine release can reduce excessive movements but may also cause Parkinson-like slowing or stiffness.

What to expect over time

Movement benefit is assessed over several weeks. Symptoms may return after stopping; do not independently change the medicine that originally caused tardive dyskinesia.

Taking your medication

- Take once daily, with or without food, following the starting schedule.
- Swallow standard capsules whole. Use only Sprinkle for the labeled soft-food method and consume the entire mixture without chewing.
- Do not put Sprinkle through a feeding tube. Follow its exact food and water instructions.
- If you miss a dose, take it when you remember unless it is almost time for the next dose. Then skip it. Do not double a dose.

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Side effects and safety

Possible side effects

- Sleepiness or fatigue
- Dry mouth or constipation
- Balance difficulties
- Tremor, slowing, or stiffness

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 movements, walking, alertness, mood, and falls. ECG or dose changes may be needed with QT risk, liver impairment, or interacting medicines. In Huntington disease, watch closely for depression and suicidal thoughts.

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 depression, suicide attempts, heart-rhythm problems, Parkinson-like symptoms, and liver disease. Discuss pregnancy plans. Breastfeeding is not recommended during treatment and for five days after the last dose under U.S. labeling.

Medicines and interactions

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

Strong CYP3A or CYP2D6 inhibitors can require lower dosing; strong CYP3A inducers can reduce effectiveness.

Avoid unreviewed combinations with other VMAT2 inhibitors, MAOIs, or QT-prolonging medicines. Sedatives can add impairment.

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Living with your treatment

When to get help

Emergency symptoms. Get emergency care for fever with severe stiffness and confusion, collapse with palpitations, or a severe allergic reaction.

Prompt medical advice. Report new depression, suicidal thinking, marked slowing, tremor, falls, or difficulty swallowing promptly.

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

Your questions answered

Should I stop my antipsychotic if I have tardive dyskinesia? Do not change it on your own. Your provider should balance movement symptoms with the condition it treats.

What if movements improve but walking becomes slower? Report it. Medication-induced parkinsonism may require a change in treatment.

Everyday tips

Track specific movements and how they affect eating, speaking, or daily tasks.

Avoid driving when sleepy or impaired.

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: valbenazine

MedlinePlus: valbenazine

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