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PSYCHIATRY

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PATIENT EDUCATION

Xanomeline-trospium

Cobenfy / Combination capsules

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

TAKE ON AN EMPTY STOMACH | SWALLOW CAPSULES WHOLE

Formulations: Each capsule contains both medicines. The two numbers on the label describe the xanomeline and trospium amounts. Changing strengths changes the combination, so follow the exact prescription.

What it is used for

Cobenfy treats schizophrenia in adults. Treatment may reduce hallucinations, suspiciousness, and disorganized thinking. Your provider will review both symptoms and how you are managing daily activities.

How it works

Xanomeline activates muscarinic acetylcholine receptors involved in brain signaling. Trospium blocks muscarinic effects mainly outside the brain to limit some unwanted effects. This combination works differently from medicines that directly block dopamine receptors.

What to expect over time

Benefit is assessed over several weeks. Early stomach symptoms may change as treatment continues; report vomiting or constipation that prevents you from eating, drinking, or taking medication.

Keep a brief record of sleep, distressing experiences, and daily routines. Do not stop another psychiatric medicine unless your provider has given you a switching plan.

Taking your medication

- Take twice daily, at least one hour before a meal or two hours after a meal.
- Swallow capsules whole. Do not open, crush, or chew them.
- Follow the gradual starting schedule. Do not increase the dose earlier than instructed.
- If you miss a dose, consult with your pharmacist about its timing around food and the next dose. Do not double a dose.

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Side effects and safety

Possible side effects

- Nausea, vomiting, indigestion, or stomach pain
- Constipation or diarrhea
- Dizziness
- Faster pulse or higher blood pressure

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.

Liver enzymes and bilirubin should be checked before starting and when clinically indicated. Your provider also checks heart rate and reviews bowel and bladder symptoms.

Report a weaker urine stream, difficulty starting urination, or a feeling that your bladder is not empty. These symptoms can worsen into an inability to urinate.

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 urinary retention, stomach retention, untreated narrow-angle glaucoma, or moderate to severe liver impairment. It is also not recommended with mild liver impairment or moderate to severe kidney impairment.

Discuss prostate problems, severe constipation, gallstones or bile-duct disease, glaucoma, and kidney problems.

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.

Bladder medicines, sedating antihistamines, and other anticholinergic medicines can increase constipation, urinary problems, or confusion.

Some antidepressants increase xanomeline exposure. Medicines cleared through the kidneys and certain other medicines also require an interaction check.

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XANOMELINE–TROSPIUM / 03

Living with your treatment

When to get help

Emergency symptoms. Get emergency care for swelling of the tongue or throat, trouble breathing, or sudden eye pain with blurred vision. Inability to urinate with lower abdominal pain needs urgent medical assessment.

Prompt medical advice. Contact your provider promptly for yellow skin or eyes, dark urine, persistent abdominal pain, severe constipation, confusion, or a persistently racing heartbeat.

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

Your questions answered

Does a different mechanism mean no side effects?
No. Its risks differ from those of dopamine-blocking medicines, but bowel, bladder, liver, and heart-rate effects still need attention.

Can I take it with breakfast and dinner?
The required spacing from food matters. Choose a consistent schedule that leaves at least one hour before or two hours after each meal.

Can I stop once symptoms improve?
Consult with your provider. Improvement may depend on continued treatment, and a change should be coordinated with the rest of your care.

Everyday tips

Stand up slowly if dizzy, and avoid driving until you know how treatment affects you.

Bring specific examples of benefit and side effects to follow-up visits. Arrange refills before you run out.

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

Bristol Myers Squibb: Cobenfy prescribing and patient information (2026)

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