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2. Buspirone

# Buspirone

**Generic name:** buspirone [ byoo-SPYE-rone ]

**Brand names:** BuSpar, BuSpar Dividose, Vanspar

**Drug class:** Miscellaneous anxiolytics, sedatives and hypnotics

Medically reviewed by [Melisa Puckey, BPharm](#). Last updated on Feb 29, 2024.

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## What is buspirone?

Buspirone is an anti-anxiety medicine that affects chemicals in the brain that may be unbalanced in people with anxiety.

Buspirone is used to treat symptoms of anxiety, such as fear, tension, irritability, dizziness, pounding heartbeat, and other physical symptoms.

Buspirone is not an anti-psychotic medication and should not be used in place of medication prescribed by your doctor for psychotic disorders.

## Warnings

Do not use buspirone if you have taken an MAO inhibitor in the past 14 days. A dangerous drug interaction could occur. MAO inhibitors include isocarboxazid, linezolid, methylene blue injection, phenelzine, rasagiline, selegiline, and tranylcypromine.

## Before taking this medicine

You should not use buspirone if you are allergic to it.

Do not use buspirone if you have taken an MAO inhibitor in the past 14 days. A dangerous drug interaction could occur. MAO inhibitors include isocarboxazid, linezolid, methylene blue injection, phenelzine, rasagiline, selegiline, and tranylcypromine.

To make sure this medicine is safe for you, tell your doctor if you have any of these conditions:

- kidney disease; or
- liver disease.

Buspirone is not expected to harm an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant during treatment.

It is not known whether buspirone passes into breast milk or if it could harm a nursing baby. Tell your doctor if you are breast-feeding a baby.

Buspirone is not FDA-approved for use by anyone younger than 18 years old, but this medicine has been used in children and adolescents under close medical supervision and at the appropriate dosage.

 [Buspirone pregnancy and breastfeeding warnings](#) (more detail)

## How should I take buspirone?

Take buspirone exactly as it was prescribed for you. Follow all directions on your prescription label. Your doctor may occasionally change your dose to make sure you get the best results. Do not take this medicine in larger or smaller amounts or for longer than recommended.

You may take buspirone with or without food but take it the same way each time.

Some buspirone tablets are scored so you can break the tablet into 2 or 3 pieces in order to take a smaller amount of the medicine at each dose. Do not use a tablet if it has not been broken correctly and the piece is too big or too small. Follow your doctor's instructions about how much of the tablet to take.

If you have switched to buspirone from another anxiety medication, you may need to slowly decrease your dose of the other medication rather than stopping suddenly. Some anxiety medications can cause withdrawal symptoms when you stop taking them suddenly after long-term use.

This medication can cause false positive results with certain medical tests. You may need to stop using the medicine for at least 48 hours before your test. Tell any doctor who treats you that you are using buspirone.

Store at room temperature away from moisture, heat, and light.

 [Buspirone patient tips](#) (more detail)

## What happens if I miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. Do not take extra medicine to make up the missed dose.

## What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

## What should I avoid?

This medication may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be alert.

Drinking alcohol may increase certain side effects of buspirone.

Grapefruit and grapefruit juice may interact with buspirone and lead to unwanted side effects. Discuss the use of grapefruit products with your doctor.

# Buspirone side effects

Get emergency medical help if you have any **signs of an allergic reaction to buspirone**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have:

- chest pain;
- shortness of breath; or
- a light-headed feeling, like you might pass out.

Common buspirone side effects may include:

- headache;
- dizziness, drowsiness;
- sleep problems (insomnia);
- nausea, upset stomach; or
- feeling nervous or excited.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Buspirone side effects](#) (more detail)

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## Dosing information

## Usual Adult Dose for Anxiety:

Initial dose: 7.5 mg orally two times a day or 5 mg 3 times a day.

Maintenance dose: The daily dose may be increased in 5 mg increments every 2 to 3 days up to 20 to 60 mg/day in divided doses.

Maximum dose: 60 mg per day

 [Detailed Buspirone dosage information](#)

## What other drugs will affect buspirone?

Taking this medicine with other drugs that make you sleepy or slow your breathing can worsen these effects. Ask your doctor before taking buspirone with a sleeping pill, narcotic pain medicine, muscle relaxer, or medicine for anxiety, depression, or seizures.

Other drugs may interact with buspirone, including prescription and over-the-counter medicines, vitamins, and herbal products. Tell each of your health care providers about all medicines you use now and any medicine you start or stop using.

 [Buspirone drug interactions](#) (more detail)

## Does buspirone interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

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Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medicine only for the indication prescribed.


Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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DRUG STATUS

**Availability**  
**Rx** Prescription only

**Pregnancy & Lactation**  
 Risk data available

**CSA Schedule\***  
**N/A** Not a controlled drug

**Approval History**



## User Reviews & Ratings

5.9 / 10

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