

BuSpar[®]
(buspirone HCl)

Patient Information

By asking you to carefully read the information which follows, your doctor is asking you to become a partner in treatment - a treatment that is intended to help you feel like yourself again. The medication which has been prescribed for you is called BuSpar - and it is effective in treating the common medical condition called anxiety. It's unlike other calming medications you may have taken in the past, or just heard about from family or friends.

BuSpar relieves symptoms of anxiety, such as constant worrying, excessive feelings of anger, or an inability to concentrate on daily tasks. In fact, if these are some of the feelings or symptoms you've been experiencing, you may notice them begin to subside within the first week or so after you begin taking BuSpar. By the end of the course of therapy your doctor has prescribed for you, the goal is to have your symptoms relieved and to have you functioning better and coping with life's daily activities...no longer feeling overwhelmed.

BuSpar is different from other antianxiety agents because it can relieve anxiety without interfering with your day-to-day activities. You're not likely to feel drowsy or sedated and the high or euphoric feeling often associated with other medications doesn't occur. And, there is no evidence that addiction to BuSpar occurs. So you can take BuSpar as your doctor has prescribed without that concern.

Because you are a partner with your doctor in your treatment program, there are some things which you should understand and keep in mind about BuSpar.

First, give BuSpar time to work. Your anxiety didn't occur overnight, nor will it be relieved that quickly. But there are little things you will begin to notice as BuSpar steadily relieves your symptoms...you may notice that you don't lose your temper as easily, that you're not worrying as much and perhaps your concentration has improved. And even if *you* don't notice these things, your family or friends may point out that you seem less uptight or more relaxed.

Second, be sure to follow your doctor's instructions. Taking the right amount of BuSpar at the time of day indicated is very important. The length of time you will take BuSpar will be determined by your doctor's assessment of your needs.

Third, monitor your own progress for yourself and for your doctor. Think about how you felt before you began taking BuSpar, and as you continue therapy, keep a mental note of how your symptoms have responded and the ways in which your ability to function or cope with daily activities have changed.

Finally, don't hesitate to ask your physician any questions you may have. By staying in touch with your physician as requested, you will be able to discuss your progress and benefit more from treatment.

BuSpar may cause transient dizziness and nausea during the first few weeks of treatment. To minimize these symptoms the dose should be increased gradually as directed by your physician.