Atypical Anxiolytic/ Non-barbiturate Anxiolytics Cheat Sheet

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Medication

Buspirone

Purpose

The exact antianxiety mechanism of this medication is unknown. This medication binds to serotonin and dopamine receptors. Dependency is much less likely than with other anxiolytics, and use of buspirone does not result in sedation or potentiate the effects of other CNS depressants. It carries no risk of missuse.

The major disadvantages is that antianxiety effects develop slowly. Initial responses take a week, and at least 2 to 4 weeks for it to reach its full effects. As a result, buspirone is taken on a scheduled basis, and is not suitable for PRN usage.

Therapeutic Uses

Panic Disorder

Social Anxiety Disorder

Obsessive Compulsive and related Disorder

Trauma and Stressor Related Disorder (PTSD)

Generalized Anxiety Disorder (GAD)

Complications

Compli-cation	Client Education
Dizziness, nausea, headache, lighthead-edness, agitation	Take with food to decrease nausea. Avoid activities that require alertness until effects are known. Most adverse effects are self-limiting
Consti-pation	Increase fiber and fluids
Suicidal Ideation	Monitor and report manifesta-tions of depression and thoughts of suicide

Contraindications/ Precautions

Buspirone is pregnancy risk category B.

Buspirone is not recommended for use by clients who are pregnant or breastfeeding.

Use buspirone cautiously in order adult clients and clients who have liver and/or renal dysfunction.

Buspirone us contraindicated for concurrent use with MAOI antidepressants or for 14 days after MAOIs are discontinued. Hypert-ensive crisis can result

Interactions

Interaction	Client Education
Erythromycin, ketoconazole, St. John's Wort, and grapefruit juice can increase the effects of buspirone	Avoid the use of these antimicrobial agents. Avoid herbal prepar-ations containing St. John's worts. Avoid drinking grapefruit juice.

Nursing Administration

Admini-stration	Client Education
Labeled for short term treatment of anxiety, but has shown therap-eutic benefits for as long as a year.	Take the medication with meals to prevent gastric irritation. Effects don't occur immedi-ately. It can take a week to notice the first therapeutic effects and 2 to 4 weeks for the full benefit. Take on a regular basis and not PRN. Tolerance, dependence, or withdrawal effects are not an issue with this medication.

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