

Bupirone for anxiety disorder

This leaflet is about the use of bupirone for anxiety disorders.



This leaflet is for parents and carers about how to use this medicine in children. Our information sometimes differs from that provided by the manufacturers, because their information is usually aimed at adults. Please read this leaflet carefully. Keep it somewhere safe so that you can read it again.

Name of medicine

Bupirone (also called bupirone hydrochloride)

Why is it important for my child to take this medicine?

Taking this medicine regularly should help your child to feel less anxious.

What is bupirone available as?

- **Tablets:** 5 mg, 10 mg; these contain a small amount of lactose

When should I give bupirone?


Bupirone is usually given **two to three times** a day. Your doctor will tell you how often to give it.

- **Twice each day:** this should be once in the morning and once in the evening. Ideally, these times are 10–12 hours apart, for example some time between 7 and 8 am, and between 7 and 8 pm.
- **Three times each day:** this should be once in the morning, once in the early afternoon and once in the evening. Ideally, these times are at least 6 hours apart, for example 8 am, 2 pm and 8 pm.

Give the medicine at about the same times each day so that this becomes part of your child's daily routine, which will help you to remember.

How much should I give?

Your doctor will work out the amount of bupirone (the dose) that is right for *your* child. The dose will be shown on the medicine label.

 **It is important that you follow your doctor's instructions about how much to give.**

How should I give it?



Tablets should be swallowed with a glass of water, milk or juice. Your child should not chew the tablet.

You can crush the tablet and mix it with a small amount of soft food such as yogurt, honey or jam. Make sure your child swallows it straight away, without chewing.

When should the medicine start working?

It may take up to 2 weeks for bupirone to work properly so your child may still feel anxious during this time. It is important

that you continue to give the medicine as your child's health professional has told you to. If you are concerned, contact your child's healthcare team.

What if my child is sick (vomits)?

- If your child is sick less than 30 minutes after having a dose of bupirone, give them the same dose again.
- If your child is sick more than 30 minutes after having a dose of bupirone, you **do not** need to give them another dose. Wait until the next normal dose.

What if I forget to give it?

If you usually give it twice a day

If you remember up to 4 hours after you should have given a dose, give your child the missed dose. For example, if you usually give a dose at about 7 am, you can give the missed dose at any time up to 11 am. If you remember after that time, do not give the missed dose. Just give the next dose as usual.

If you usually give it three times a day

Do not give the missed dose. Just give the next dose as usual.

What if I give too much?


You are unlikely to cause harm if you give an extra dose of bupirone by mistake.

If you are worried that you may have given your child too much, contact your child's healthcare team or local NHS services (details at end of leaflet). Have the medicine or packaging with you if you telephone for advice.

Are there any possible side-effects?

We use medicines to make our children better, but sometimes they have other effects that we don't want (side-effects).

Side-effects you must do something about

 If your child is short of breath or is wheezing, or their face, lips or tongue start to swell, or they develop a rash, they may be allergic to bupirone. Take your child to hospital or call an ambulance **straight away**.

Other side-effects you need to know about

- Your child may feel sick or be sick (vomit) when they first start taking bupirone. It may help to give each dose with or after food. This effect should wear off. If it is still a problem after a week, contact your child's healthcare team.
- Your child may feel light-headed and dizzy when they stand up, and may faint. This is because bupirone reduces blood pressure. Encourage your child to stand up slowly, and to sit or lie down if they feel dizzy. If this becomes a problem, contact your child's healthcare team.
- Your child may feel sleepy for a few hours after each dose of bupirone. If possible, give the last dose just before going to bed.

- Your child may have a dry mouth. Eating citrus fruits (e.g. oranges) and taking sips of water may help.

Your child may sometimes get side-effects that are not listed here. If you notice anything unusual and are concerned, contact your child's healthcare team.

You can report any suspected side-effects to the UK safety scheme: [MHRA Yellow Card](#).

Can other medicines be given at the same time as buspirone?


- You can give your child medicines that contain paracetamol or ibuprofen, unless your child's healthcare team has told you not to.
- Buspirone should not be taken with some common medicines that you get on prescription. It is important to tell your child's healthcare team that your child is taking buspirone.
- Check with your child's healthcare team **before** giving any other medicines to your child. This includes herbal or complementary medicines.

Is there anything else I need to know about this medicine?

- It may take up to 2 weeks for buspirone to work and you may not notice any immediate effects. Contact your child's healthcare team for advice if you are concerned.
- Behavioural therapy is an important part of helping your child to be less anxious, so you should continue to practice techniques they have learnt.

General advice about medicines

- Try to give medicines at about the same times each day, to help you remember.
- If you are not sure a medicine is working, contact your child's healthcare team but continue to give the medicine as usual in the meantime. Do not give extra doses, as you may do harm.
- Only give this medicine to *your* child. Never give it to anyone else, even if their condition appears to be the same, as this could do harm.

 If you think someone else may have taken the medicine by accident, contact your child's healthcare team straight away.

- Make sure that you always have enough medicine. Order a new prescription at least 2 weeks before you will run out.
- Make sure that the medicine you have at home has not reached the 'use by' date on the packaging. Give old medicines to your pharmacist to dispose of.

Buspirone for anxiety disorder

Where should I keep this medicine?

- Keep the medicine in a cupboard, away from heat and direct sunlight. It does not need to be kept in the fridge.
- Make sure that children cannot see or reach the medicine.
- Keep the medicine in the container it came in.

Who to contact for more information

Your child's doctor, pharmacist or nurse will be able to give you more information about buspirone and about other treatments for anxiety disorders.

You can also get useful information from:

England: NHS 111

Tel 111

www.nhs.uk

Scotland: NHS 24

Tel 111

www.nhs24.scot

Wales: NHS 111 Wales

Tel 111

www.111.wales.nhs.uk

Northern Ireland: NI Direct

www.nidirect.gov.uk

YoungMinds

For children and young people with mental health issues and their parents/carers

www.youngminds.org.uk

Parents helpline: 0808 802 5544

Samaritans

Confidential emotional support service

www.samaritans.org

Helpline: 08457 90 90 90

Childline

Counselling service for children and young people

www.childline.org.uk

Helpline: 0800 1111

www.medicinesforchildren.org.uk