FAIRVIEW PHARMACY — EST. 1978

Taking buspirone safely

buspirone HCl · anti-anxiety medicine · take it the same way every day

3 MISTAKES TO AVOID

1. **Combining with the wrong antidepressant**
   Never with an MAO inhibitor, or within 14 days either direction.
2. **Taking it inconsistently**
   Always with food, or always without it. Avoid large amounts of grapefruit juice.
3. **Stopping a sedative cold turkey**
   Buspirone doesn't block withdrawal. Taper the old medicine with your doctor.

How to take it

- **Pick one way and stick with it:** always with food, or always without it.
- Avoid drinking large amounts of grapefruit juice; it can raise your buspirone levels.
- Don't drive or use heavy machinery until you know how it affects you.

Never combine with

- **MAO inhibitors:** not with buspirone, or within 14 days of stopping one, in either direction.
- Don't start buspirone while being treated with linezolid or IV methylene blue.
- Not sure if a medicine is an MAOI? Ask your pharmacist before you start.

IMPORTANT

Switching off a benzodiazepine or other sedative? Buspirone does not block withdrawal. Taper the old medicine gradually with your doctor.

Call your doctor right away if you notice

- Serotonin syndrome: agitation, hallucinations, a fast heartbeat, muscle twitching or stiffness, nausea or diarrhea.
- Withdrawal from stopping a benzodiazepine too fast: irritability, insomnia, tremor, cramps, or seizures.

Good to know

- Avoid alcohol while you take buspirone.

Pregnant, planning to be, or breastfeeding? Tell your doctor.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information for buspirone hydrochloride tablets, USP (rev. 6/2026).

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