

Blonanserin

Lonasen / oral medicine

A medicine for psychosis, with a routine that works best when meals are part of the plan.

From Jeffrey Panko, PMHNP-BC's education collection ·

Draft for review · Clinical content has not been revalidated for this website.

TAKE AFTER MEALS

JAPANESE ORAL-PRODUCT REFERENCE

Not FDA approved. This sheet is for prescribed oral treatment, not the separate blonanserin patch.

What it is used for

Used for schizophrenia in Japan and some other countries. It can help with hallucinations, distressing beliefs and disorganized thinking.

Your team should explain the treatment goal and review how much it helps your everyday life.

How it works

It blocks some dopamine and serotonin signals involved in psychosis. The diagram is a simplified map, not a prediction of your response.

Those same actions can affect movement and hormones. Tell your team about changes rather than waiting for them to become severe.

What to expect over time

EARLY ON

Sleepiness, dizziness or restlessness can appear before the full benefit.

OVER WEEKS

Improvement is usually assessed over several weeks. Track sleep, thoughts and daily function.

LONGER TERM

Keep taking it as prescribed when feeling better. Review benefit, side effects and your goals together.

Taking your medication

Take your prescribed amount after meals, usually twice daily. Taking it on an empty stomach may reduce its effect.

Check the tablet strength or measured powder amount. Do not change the dose, timing or preparation yourself.

If food, cost or side effects make the routine difficult, tell your team. Ask for a stopping plan rather than stopping suddenly.

When to get help

Emergency help: fever with severe stiffness or confusion; collapse, seizure, trouble breathing or chest pain.

Urgent medical advice: severe constipation with vomiting or a swollen belly; muscle pain/weakness with dark urine; heavy thirst and frequent urination.

Prompt advice: involuntary movements, fever/infection, yellow skin/eyes, fainting or a sudden worsening of mental health.

Early side effects

Sleepiness, insomnia, dizziness, nausea, dry mouth or constipation can occur. Tell your team if you cannot sit still or feel intensely restless.

Other effects to discuss

Report stiffness, tremor or slower movement. Changed periods, milk production or sexual problems may reflect hormone effects. Weight or blood sugar can rise.

What to keep track of

Expect weight, blood-pressure, blood sugar/cholesterol and movement checks. Heart, liver or blood-count tests depend on your risks and symptoms. Ask when your next check is due.

Before you start

Tell your team about heart or liver disease, fainting, seizures, diabetes, low blood counts, severe constipation, Parkinson disease, pregnancy or nursing. This is not a routine treatment for dementia; antipsychotics increase risks in older people with dementia.

Medicines & interactions

Antifungals and antiviral medicines

Some combinations must not be used, including certain COVID treatments. Check with your pharmacist before starting anything new.

Seizure, heart and other medicines

These can change medicine levels, blood pressure or alertness. Bring a complete list, including supplements.

Alcohol and sedating medicines

Avoid alcohol; ask before using sleep aids, opioids or sedating allergy medicines. Effects can add together.

Grapefruit juice

Avoid it while taking blonanserin because it can increase exposure.

Everyday tips

Link doses to your regular meals. A reminder or pill organizer may help; ask your pharmacist what suits your preparation.

Keep a short note of sleep, distress, restlessness and missed doses. Bring it to follow-up.

Do not drive or operate dangerous machinery during treatment; the Japanese product instructions warn about reduced alertness and reactions.

Rise slowly, stay hydrated and keep a regular food and activity routine. Seek help early for troubling side effects.

Your questions, answered

What if I miss a dose?

Take it after a meal or light snack when remembered, unless the next dose is almost due. Then skip it. Never double the dose.

What if I feel worse?

Contact your team promptly for more agitation, hostility or severe restlessness. Get emergency help if you cannot stay safe.

Can I use the patch instead?

Only with a specific prescribing plan. Oral and patch doses are different; do not substitute them yourself.

What about pregnancy or nursing?

Contact your prescriber to weigh benefits and risks. Do not stop abruptly on your own if pregnancy occurs.

Storage & safety

Keep in the original packaging at room temperature, away from moisture, sunlight, children and pets. Ask a pharmacist how to dispose of leftovers; never share. If you take extra, seek poison-center or urgent medical advice. Call local emergency services for severe symptoms.

A final reminder

approvals differ by country. Keep your own product leaflet.

About this information

For general information only; not a substitute for individualized medical advice. This sheet does not cover every risk or interaction. Ask your prescriber or pharmacist before changing how you take this medication.

Sources

1. <https://www.rad-ar.or.jp/siori/english/search/result?n=1441>
 2. https://www.pmda.go.jp/PmdaSearch/iyakuDetail/400093_1179048B1025_1_32
-

Educational inclusion does not mean this medication or its indications are treated at this practice. Review the guide for your exact product with your prescriber or pharmacist.

thoughtscape NP Psychiatry
Jeffrey Panko, PMHNP-BC