

Flibanserin

Addyi

A nightly option for low desire that bothers you. The goal is meaningful improvement, on your terms.

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

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

ONE TABLET AT BEDTIME

CHECK ALCOHOL TIMING BEFORE EVERY DOSE

The receptor diagram shows a proposed signaling model, not a proven chemical imbalance or extra benefits.

What it is used for

For distressing low desire in women under 65, before or after menopause. Previously satisfactory desire is now low across situations.

Not for low desire caused by illness, relationship problems or drugs. It neither enhances performance nor obligates you to have sex.

How it works

Changes serotonin-receptor signaling. How this improves desire is not fully understood.

Taken regularly, not just before sex. It may help interest and related distress, but benefits vary and are not immediate.

What to expect over time

FIRST 2 WEEKS

Watch for dizziness, sleepiness, nausea or faintness. Check any new medicine with your pharmacist.

AROUND 4 WEEKS

Some people begin noticing improvement. Think about your comfort, interest and distress, not a target number of encounters.

AT 8 WEEKS

If symptoms have not improved, stop and discuss another plan with your prescriber.

Taking your medication

Take your prescribed 100 mg tablet only at bedtime. Never double a dose or take a missed tablet the next morning.

After 1–2 standard drinks, wait at least 2 hours before the bedtime dose. After 3 or more drinks that evening, skip the dose.

After taking Addyi, do not drink alcohol until the next day. Do not drive for at least 6 hours and until you know its effects.

When to get help

Feeling faint or very dizzy? Lie flat right away. Get emergency help if symptoms persist or you feel you may pass out.

Fainted? Get prompt medical care and tell your prescriber before another dose. Call 911 if not recovering, injured or struggling to breathe.

Stop and call 911: face/throat swelling, breathing trouble or another severe allergic reaction.

Early side effects

Dizziness, sleepiness, nausea, tiredness, dry mouth or trouble sleeping can occur. Tell your team if symptoms persist or affect daily life; do not add a sleep medicine yourself.

Other effects to discuss

Low blood pressure and fainting can happen even without alcohol or other medicines. Take falls and next-day grogginess seriously. Being in bed reduces some risks but does not eliminate them.

What to keep track of

Track benefit, missed doses, alcohol and side effects. Have blood pressure checked as advised. Bring your medicine list to each visit and check before starting anything new.

Before you start

Do not use with liver impairment, a known allergy to Addyi, or certain interacting medicines. Tell your team about low blood pressure, fainting, falls, alcohol use, mental health conditions and all medicines or supplements. Discuss pregnancy or plans for pregnancy. Do not combine Addyi with breastfeeding; make a treatment/feeding plan with your clinician.

Medicines & interactions

Alcohol: count standard drinks

One standard drink is 12 oz of 5% beer, 5 oz of 12% wine or 1.5 oz of 40% spirits. Larger/stronger drinks may count as more than one. Timing and skipping rules matter; they do not make drinking risk-free.

Prescription and OTC medicines

Some antifungals, antibiotics, HIV medicines and heart medicines cannot be combined with Addyi. Nefazodone is another example. Birth-control pills, digoxin and other medicines may need monitoring. A pharmacist should check your exact list.

Sleep aids, foods and supplements

Sleep aids, opioids, anxiety medicines and sedating antihistamines can worsen sleepiness. Avoid grapefruit juice. Check St. John's wort, ginkgo, resveratrol and cimetidine before use; they can change how medicines work.

Everyday tips

Use a bedtime reminder, but check the alcohol rules before taking the tablet.

Discuss pain, stress, mood or relationship concerns alongside medication. Your own goals lead the plan.

If a new medicine is prescribed, say that you take Addyi. Some combinations need a planned break of days or weeks.

Rise carefully if lightheaded. If dizzy, sit or lie down rather than trying to walk through it.

Your questions, answered

What if I miss a tablet?

Skip it. Take the next tablet at bedtime the following day. Never catch up in the morning or double the next dose.

Can it be used after menopause?

Yes, for eligible women younger than 65. Your clinician still needs to confirm that this specific type of low desire fits.

Do I need to taper off?

A routine taper is not required. Discuss stopping if it helps but you want to change treatment; stop for a serious reaction and seek care.

Can I take it only on date nights?

No. It is a nightly treatment, not an as-needed medicine. Do not take extra tablets to try to increase the effect.

Storage & safety

Store at room temperature, away from children and pets. Never share. For an extra dose or accidental ingestion, call Poison Control at 1-800-222-1222; call 911 for collapse or serious symptoms.

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://dailymed.nlm.nih.gov/dailymed/fda/fdaDrugXsl.cfm?setid=3819daf3-e935-2c53-c527-e1d57922f394&type=display>
 2. <https://dailymed.nlm.nih.gov/dailymed/medguide.cfm?setid=3819daf3-e935-2c53-c527-e1d57922f394>
-

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