

Valbenazine

Ingrezza • Ingrezza Sprinkle

For certain unwanted movements, with comfort, alertness and everyday function all part of the goal.

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

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

ONCE DAILY

REPORT NEW MOOD OR MOVEMENT CHANGES

VMAT2 helps brain cells store chemical messengers. The medicine and an active form made by your body act here.

What it is used for

Treats tardive dyskinesia in adults: repeated unwanted movements of the face, mouth or other body parts.

Also treats chorea, the involuntary movements associated with Huntington disease. It does not cure either condition.

How it works

Changes how nerve cells store messengers such as dopamine. This can reduce unwanted movement.

Your team checks whether less movement means easier meals, speaking, walking and daily life—not just a better score.

What to expect over time

START

Begin with the dose your prescriber chose.

DOSE CHANGES

TD changes may follow one week; Huntington chorea increases are two weeks apart.

OVER WEEKS

Benefit may emerge around two weeks. Keep tracking function and side effects.

Taking your medication

Take once daily at about the same time, with or without food. Follow your own prescription; do not increase it yourself.

Standard Ingrezza capsules: swallow whole. Do not crush or chew. If swallowing is hard, ask about the Sprinkle form.

Sprinkle may be swallowed whole or opened onto soft food. See the exact preparation steps on the “Everyday tips” section; do not put it through a feeding tube.

! When to get help

Get emergency help: trouble breathing or face, tongue or throat swelling; fever with severe stiffness and confusion; fainting with an irregular heartbeat.

Report immediately: new depression or thoughts of self-harm. Call 911 if you cannot stay safe.

Call promptly: new shaking, stiffness, slowed walking, falls, strong restlessness, rash or hives.

Early side effects

Sleepiness, tiredness, dizziness, headache, stomach upset, constipation or dry mouth can occur. Tell your team if symptoms interfere with daily life. Do not drive while sleepy or unsteady.

Other effects to discuss

The boxed warning concerns depression and suicidal thoughts or behavior in Huntington disease. Everyone should report new mood changes. Ask someone you trust to help notice changes in mood, walking or alertness.

What to keep track of

Keep visits and a short movement, mood and side-effect log. Heart testing and blood work depend on your history and other medicines. Better movement should not come at the cost of unsafe sleepiness or falls.

Before you start

Tell your team about depression, suicidal thoughts, fainting, heart-rhythm problems, long QT in your family, liver disease, falls or swallowing problems. Review all current and recently stopped medicines. Discuss pregnancy; do not breastfeed while taking it or for five days after the last dose.

Medicines & interactions

MAOIs and other movement drugs

MAOIs need a 14-day gap before starting. Do not combine VMAT2 medicines. Have the prescriber manage any switch.

Some antidepressants and anti-infectives

Some raise valbenazine levels and require a lower dose. Digoxin may need blood-level checks. Check every new medicine first.

Alcohol, sleep products and supplements

Avoid alcohol. Other sedating products add impairment. Ask about St John's wort and grapefruit before using them.

Everyday tips

For Sprinkle: open onto one tablespoon of applesauce, yogurt or pudding; stir and swallow without chewing.

Drink a glass of water afterward. Do not mix the granules into water or milk.

Use the mixture immediately when possible; discard any unused portion after two hours at room temperature.

Keep needed mental-health treatment in place unless your prescriber changes it. Do not change an antipsychotic yourself.

Your questions, answered

What if I miss a dose?

Take it when remembered unless the next dose is near; then skip it. Never double. After a longer gap, ask your team how to restart.

Can I stop when movements improve?

It usually does not need a taper, but movements may return. Discuss a plan and follow-up before stopping unless urgent care is needed for a serious reaction.

What if I take too much?

Call Poison Control now: 1-800-222-1222. Call 911 for collapse, seizure, breathing trouble or inability to wake up.

Is a lower dose a failure?

No. The useful dose balances movement benefit with alertness, mood and safety. Liver conditions or other medicines may require a lower amount.

Storage & safety

Keep tightly closed at room temperature, away from excess heat and moisture and out of children's and pets' reach. Do not share. Ask your pharmacist about a medicine take-back service for unused capsules.

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/drugInfo.cfm?setid=4c970164-cafb-421f-9eb5-c226ef0a3417>
 2. <https://medlineplus.gov/druginfo/meds/a617023.html>
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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.

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