

Xanomeline-Trospium

Cobenfy · two medicines in one capsule

A different approach to schizophrenia treatment, with a daily routine that includes meal timing.

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

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

TAKE TWICE DAILY

EMPTY STOMACH · KEEP CAPSULES CLOSED

Your prescription determines the strength and schedule. Do not change doses on your own.

What it is used for

Treats schizophrenia in adults, including hallucinations and delusions.

The goal is less distress and better everyday functioning. It is not approved for children.

How it works

Xanomeline acts on muscarinic signals in the brain. It works differently from medicines that directly block dopamine receptors.

Trospium limits some effects elsewhere in the body. It does not prevent every side effect.

What to expect over time

FIRST DAYS

Your prescriber raises the dose in steps while checking tolerability.

OVER WEEKS

Track symptoms and daily life. Improvement is not always immediate.

ONGOING

Keep taking the prescribed dose even when you feel better; review changes together.

Taking your medication

Take one capsule twice daily: at least 1 hour before or 2 hours after a meal. Swallow it unopened.

Follow your written dose plan. Older adults may need slower changes and a lower maximum.

For a missed dose or several missed days, ask your pharmacist/prescriber. Do not double up.

When to get help

Emergency help: trouble breathing or face/throat swelling. Stop the medicine for this reaction. Inability to urinate also needs immediate care.

Urgent care: painful red eyes with halos or vision change; severe belly pain, swelling or repeated vomiting.

Call promptly: yellow eyes/skin, dark urine, trouble peeing, a racing pulse or new confusion. Do not simply wait these out.

Early side effects

Nausea, indigestion, constipation, vomiting, diarrhea, dizziness and a faster pulse can occur. Tell your team if symptoms persist or interfere with eating or daily life.

Other effects to discuss

Movement and weight effects were relatively uncommon in short studies, but they are still worth checking. Report new movements, weight changes, dry mouth or blurred vision.

What to keep track of

Your team checks liver tests and pulse before treatment and as needed afterward. Keep track of bowel movements, urination, alertness and symptom changes; blood pressure and kidney health also matter.

Before you start

Tell your team about liver/kidney disease, gallstones, prostate or bladder trouble, slow stomach emptying, severe constipation, glaucoma, ulcerative colitis or myasthenia gravis. Some conditions make this medicine unsuitable. Discuss pregnancy, pregnancy plans and breastfeeding before changing treatment.

Medicines & interactions

All medicines

Bring a full list, including vitamins, herbs and nonprescription products. Some antidepressants and other medicines change Copegy levels or are affected by it.

Bladder, allergy & sleep aids

Some add dry mouth, constipation or trouble urinating. Check before using these, including diphenhydramine or other sedating antihistamines.

Alcohol & sedatives

Ask before combining them. Avoid driving or machinery until you know how treatment affects alertness and vision.

Food timing

Food can change how the two ingredients are absorbed. Keep the meal window even if other medicines are taken with food; ask for a workable schedule.

Everyday tips

Use a written morning/evening dose-and-meal plan.

Tell your team early about bowel or bladder changes.

Track one or two goals, such as less distress or better sleep.

Include a trusted support person if you want help noticing changes.

Your questions, answered

Why are there two numbers?

They show the amounts of the two ingredients, not two separate prescriptions.

Can I open the capsule?

No. Do not open it or sprinkle the contents. Ask for advice if swallowing is difficult.

What if I feel better?

Keep the agreed plan. Discuss stopping or switching with your prescriber so symptoms are monitored.

What about pregnancy or nursing?

Human safety information is limited. Discuss benefits, risks and the pregnancy exposure registry; do not stop on your own.

Storage & safety

Keep securely at room temperature, away from children; do not share. For overdose, call Poison Control at 1-800-222-1222 promptly. Call 911 for collapse, seizure, breathing trouble or inability to wake.

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/lookup.cfm?setid=8f0e73bf-6025-44f6-ab64-0983322de0df>
 2. <https://www.medlineplus.gov/druginfo/meds/a624070.html>
 3. <https://www.cobenfy.com/taking-cobenfy>
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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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