

Risperidone

Risperidone (risperdal) can help depression, anxiety, agitation, paranoia and hallucinations. It belongs to a class of medications called the atypical antipsychotics, which differ widely in their side effects and benefits.

It is beneficial in bipolar mania and mixed states, which are common causes of irritability, agitation, anxiety, insomnia, racing thoughts, distraction and impulsivity.

Risperidone can take up to 2-3 weeks to work fully but can bring benefits after a few days.

How should I take it?

Risperidone can be taken once a day with or without food. Risperidone's benefits build up gradually in the brain and are not impacted by the time of day you take it. Most people prefer to take it at night as it can cause drowsiness.

Risperdal is available in a dispersible form which dissolves in your mouth.

It's a good idea to link the time you take risperidone with a daily routine that you already have in place, such as showering or brushing your teeth. Store the medicine near that routine and take it at the same time so you can build on habits you've already developed.

What if I forget a dose?

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

How long do I need to take it?

This depends on your diagnosis and which other medications you are taking. Most people with bipolar disorder need to stay on at least

one mood stabilizer for the long term in order to prevent mood swings. If risperidone helped, it is best to stay on it for at least 6 months before considering going off it. That gives the brain time to build up habits of stability.

Key Points

1. Risperidone can cause drowsiness and is best taken at night.
2. There are several rare, but serious, side effects with risperidone (diabetes, high cholesterol, tardive dyskinesia).

What happens if I stop it?

Risperidone is not addictive and does not cause withdrawal symptoms. If you plan to come off risperidone, it is best to do so slowly (over at least 2 weeks) as that will lower the chance of sudden mood swings returning.

Checking labs

It is a good idea to check for diabetes and high cholesterol while taking risperidone. This medication, as well as bipolar disorder itself, increases the risk of these conditions.

Side effects

Risperidone is generally well tolerated and has a moderate risk of causing weight gain, drowsiness and restlessness.

If you don't tolerate the medication, try cutting your dose in half until the side effects get better and then raising it up.

These side effects tend to improve with time or by lowering the dose:

Tiredness, restlessness, muscle aches or stiffness.

As you are starting the medicine, use caution when driving or performing tasks that require

alertness. This should not be a problem once you have adjusted to the medicine and know how it affects you.

Rare side effects

Low blood pressure: risperidone can cause blood pressure to drop when you stand up (leading to dizziness or falls). You can reduce this risk by standing up slowly.

Elevations of prolactin hormone: this can cause menstrual irregularities and breast milk secretion. We may need to stop risperidone or use treatments to lower prolactin if this occurs.

Rare but serious side effects

Metabolic Changes: Risperidone can increase the risk of diabetes and high cholesterol. This risk is much lower with risperidone than with other atypical antipsychotics.

Tardive Dyskinesia: Extremely rarely, risperidone may cause involuntary movements, such as twitching in the face, hands or other muscles. This risk may be greater if you take risperidone for many years or have taken older antipsychotics in the past. This condition can be treated but sometimes it is not reversible.

Neuroleptic Malignant Syndrome: This syndrome, which is extremely rare on risperidone, consists of sudden, severe muscle stiffness, fever and irregular pulse and blood pressure.

Use in Dementia: Risperidone can increase the risk of death when used in older adults with dementia. This effect is not seen in people without dementia and may be related to brain-changes that dementia brings.

Pregnancy: Risperidone has not been adequately studied in pregnancy. It does pass through breast milk.

Interactions

Recreational drugs: Alcohol (in excess of 2 glasses/day) and recreational drugs can prevent

Akathisia

This side effect is a feeling of inner restlessness which makes it very uncomfortable to sit still. It is not dangerous and may improve with time or a lower dose.

Akathisia can be relieved with several medications including propranolol, betaxolol, pramipexole, gabapentin, trazodone, mirtazapine and benzodiazepines.

risperidone from working.

Other medications: These web sites help you check for drug interactions. You should talk with us about the information you find as many drug interactions have only a mild effect:

www.webmd.com/interaction-checker
reference.medscape.com/drug-interactionchecker

How to store and dispose of medication

- Keep out of the reach of children.
- Store away from heat, direct light and damp places.
- To safely dispose of unwanted pills: Do not pour in the toilet or sink (it will enter the water supply). To prevent children or pets from eating it, mix unwanted pills in a bag with water and inedible trash (such as coffee grounds) and throw in the garbage.

Cost and insurance coverage

Risperidone is available in generic form. If you are paying out-of-pocket, the lowest cost is usually found at Costco (336-970-2300; you do not need to be a member to use their pharmacy).

Quick facts

Brand	Risperdal
Dose range	0.5-4mg/day
Sizes	> Tab: 0.25, 0.5, 1, 2, 3, 4mg > Dispersible tab: 0.5, 1, 2, 3, 4mg > Injectable Risperdal consta: 12.5, 25, 37.5 50mg > Liquid 1mg/ml
Release date	12/29/1993
FDA-approval	Bipolar mania and mixed states, schizophrenia, irritability due to autism or asberger syndrome

Comparison of Atypical Antipsychotics

Medication	Unipolar Depression	Bipolar Depression	Mania & Mixed States	Schizophrenia	Irritability due to Autism	OCD	Borderline Personality	Tourette's (muscle tics)	Generic?	Weight Gain	Tiredness
Risperidone (risperdal)	◇		■	■	■	□	□	□	Y	↑	↑
Olanzapine (zyprexa, symbyax)	◆	◆	■	■		□	□	□	Y	↑↑↑	↑↑
Quetiapine (seroquel)	◆	■	■	■		□	□		Y	↑↑	↑↑↑
Ziprasidone (geodon)	◇		■	■				□	Y	—	↑↑
Aripiprazole (abilify)	◆		■	■	■	□	□	□	N	↑	—
Paliperidone (invega)				■		□			N	↑	—
Asenapine (saphris)			■	■					N	↑	↑↑
Lurasidone (latuda)		■	□	■					N	↑	↑
lloperidone (fanapt)				■					N	↑↑	↑

■ = FDA-approved ◆ = FDA-approved in combination with an antidepressant □ = Effective but not FDA-approved
 Side effects: ↑↑↑ major, ↑↑ moderate, ↑ mild, — rare or none

—Chris Aiken, MD, updated 6/3/2015