

Valbenazine

Ingrezza, Ingrezza Sprinkle, a medicine that quiets unwanted movements

Valbenazine helps quiet the unwanted face, mouth, and body movements that some mental health medicines can cause.

WHAT IT TREATS

Tardive dyskinesia

HOW YOU TAKE IT

Once a day, with or without food

WHEN IT WORKS

Some by 2 weeks, more by 6

HABIT FORMING

No

⚠️ IMPORTANT SAFETY WARNING

In people with Huntington's disease, this medicine can bring on or worsen depression and thoughts of suicide. Tell your prescriber right away about any mood change. If you are thinking of harming yourself, call or text **988**.

① WHAT THIS MEDICINE DOES

- It treats a movement problem called TD, where your face, mouth, tongue, or hands move on their own without you choosing it.
- TD can start after months or years on certain mental health medicines. It is not your fault and not a sign you did anything wrong.
- Valbenazine** turns down the brain signal that drives those movements. It does not treat depression, anxiety, or psychosis itself.
- It does not cure TD. It reduces the movements while you take it, so it works best as a steady daily habit.

② HOW TO TAKE IT

- Take **valbenazine** once a day at about the same time. Food is not required, so pick a time of day you will actually remember.
- Swallow the capsule whole. If swallowing pills is hard, ask about the sprinkle form that opens onto a spoonful of soft food.
- If you miss a day, take it as soon as you remember that same day. If it is nearly time for the next one, just skip it.
- Store the capsules at room temperature, away from heat and damp. A bathroom cabinet is usually too humid for them.
- Keep taking it on days the movements look better. That is the medicine working, not a sign that you are finished with it.

📈 WHAT TO EXPECT

- Movements ease gradually, not overnight. Many people notice a change by about **2 weeks**, with more improvement by **6 weeks**.
- The change is often slow enough that other people spot it before you do. Ask someone you trust what they are noticing.
- Your prescriber may film or score your movements at visits, so the two of you can see real progress instead of guessing.
- Working looks like eating, talking, and being out in public with less strain. It does not mean perfectly still hands and face.

♥️ COMMON SIDE EFFECTS

- Sleepiness is the most common effect. If it hangs around, ask your prescriber whether bedtime would be a better time for you.
- Feeling off balance can happen. Stand up slowly and hold the rail on stairs until you know how this medicine affects you.
- Headache is common early and usually fades. Drink water and ask your pharmacist which pain reliever is safe alongside it.
- Some people feel restless or a bit flat. Jot down when it happens, because that pattern helps your prescriber adjust things.
- Dry mouth, nausea, or a slower gut can show up. Sip water, eat smaller meals, and add fiber or fruit if you get constipated.
- Trouble falling asleep happens for some people. Keep a steady bedtime and speak up if it lasts more than a week or two.

⚠️ CALL YOUR PRESCRIBER OR GET HELP RIGHT AWAY IF

- New or worse depression, or thoughts of hurting yourself: call your prescriber now. If you might act, call or text **988**.
- A very fast, very slow, or fluttering heartbeat, or fainting: call **911** or go to the emergency room.
- Sudden stiffness with high fever, confusion, and a racing heart all together is an emergency. Call **911**.
- New stiffness, heavy slowness, or trouble walking: call your prescriber the same day rather than waiting.

🚫 WHAT TO AVOID

- Do not drive or use machines until you know how **valbenazine** affects you. Sleepiness can sneak up during the first weeks.
- Alcohol adds to the sleepiness and unsteadiness. If you drink, talk with your prescriber about what is reasonable for you.
- Tell your prescriber about every medicine and supplement you take. Some antidepressants and antibiotics change your levels.
- Skip St. John's wort unless your prescriber says otherwise, because it can make **valbenazine** work much less well.
- If you are pregnant, nursing, or planning a pregnancy, say so. There is a pregnancy registry your prescriber can explain.

① STOPPING IT SAFELY

- Do not stop on your own. The movements usually creep back within a few weeks once the medicine leaves your system.
- There is no dangerous withdrawal here, but your prescriber still wants a plan so nothing about stopping catches you off guard.
- If cost or side effects make you want to quit, say that out loud. Assistance programs and other options exist.

❓ QUESTIONS TO ASK

- How will we measure whether my movements are really improving?
- Could any of my other medicines be adding to these movements?
- What should I do if this makes me sleepy during my workday?
- Is there help with the cost if my insurance turns this down?

Where this information comes from

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NOTE

Sources are listed in APA 7th edition style. This handout is general information about a medicine, not medical advice, and it does not replace the instructions from your own prescriber or pharmacist. Never start, change, or stop a medicine on your own. If you think you are having a serious reaction, call your prescriber; if you cannot breathe, cannot stay awake, or are thinking of harming yourself, call 911 or 988 right away.