

Lurasidone

Lurasidone (Latuda) can help depression, anxiety, agitation, cognition, paranoia, and hallucinations. It belongs to a class of medications called the atypical antipsychotics, which differ widely in their side effects and benefits. Among these medications, lurasidone stands out for its unique benefits in anxiety and depression as well as its lower risk of weight gain and fatigue.

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

How should I take it?

Lurasidone needs to be taken with food (at least 350 cal, within an hour of eating) or it is not absorbed well (only 30-50% is absorbed if taken without food). It can be taken all at once or divided twice per day (either method will work; you should choose which is most convenient or best tolerated for you). Lurasidone's benefits build up gradually in the brain and are not impacted by the time of day you take it. If it makes you feel groggy you should take it at night.

It's a good idea to link the time you take lurasidone with a daily routine that you already have in place. Think of things you never go a day without, such as brushing your teeth, showering or a morning cup of coffee. Store your medication close to 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 lurasidone 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.

What happens if I stop it?

Key Points

1. Lurasidone should be taken with food (at least 350 cal) otherwise it is not absorbed well.
2. There are several rare, but serious, side effects with this medication (diabetes, high cholesterol, tardive dyskinesia).
3. Lower those risks by checking weight before and after starting it and using the app [tdscreen.ai](#) (see inside).

Lurasidone is not addictive and does not cause withdrawal symptoms. If you plan to come off lurasidone, 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 lurasidone. This medication, as well as bipolar disorder itself, increases the risk of these conditions.

Side effects

The most common side effects are nausea and an uncomfortable restless feeling called *akathisia*. Weight gain and tiredness are less likely than with other antipsychotics.

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:

Nausea, tiredness, restlessness, muscle aches or stiffness.

Preventing weight gain

We can prevent weight gain on this med if we know that you're at risk. Here's how to tell. Weigh yourself carefully before starting it and again one month later (use the same scale, check in morning, naked, before eating and after going to the bathroom).

If you gain weight in the first month, there are several options to prevent the problem. As a first step, here is a nutrition plan that improves mood, causes weight loss, and has no calorie counting:

www.chrisaikenmd.com/antidepressantdiet

Medical risks

Low blood pressure: lurasidone 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 lurasidone or use treatments to lower prolactin if this occurs.

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

Tardive Dyskinesia: With long term use, this med may cause involuntary movements, such as twitching in the face, hands, or other muscles. This condition can be treated but sometimes it is not reversible. We will check for movements while you are on it, and you can prevent it further by using the tdcheck.ai app every few

months. It detects early signs of the problem better than doctors.

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

Akathisia

This side effect is a feeling of inner restlessness that 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, vitamin B6, betaxolol, pramipexole, gabapentin, trazodone, and mirtazapine.

Use in Dementia: Lurasidone 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: Lurasidone 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 lurasidone from working.

Grapefruit juice can raise lurasidone levels.

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:

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

Lurasidone is available in generic. If you are paying out of pocket, you will find the lowest cost at www.GoodRx.com.

—Chris Aiken, MD, updated 6/26/2025

Lurasidone

Brand	Latuda
Dose range	40-160 mg/day
Sizes	Tabs: 20, 40, 60, 80, 120mg
Release date	10/28/2010
FDA-approval	Bipolar depression, schizophrenia