

1178 suvorexant

- That many adverse reactions may occur: high B/P, bleeding, mouth swelling, taste change, skin discoloration, depigmentation of hair/skin
- To avoid persons with known upper respiratory infections; that immunosuppression is common
- To avoid grapefruit juice
- **To report if pregnancy is planned or suspected or if breastfeeding**

HIGH ALERT

suvorexant

(soo'voe-rex'ant)

Belsomra

Func. class.: Psychotropic—sedative/hypnotic, anxiolytic

Chem. class.: Orexin receptor antagonist

Controlled Substance Schedule IV

ACTION: Suvorexant alters the signaling of neurotransmitters called orexins, which are responsible for regulating the sleep-wake cycle

USES: The treatment of insomnia characterized by difficulties with sleep onset and/or sleep maintenance

CONTRAINDICATIONS: Narcolepsy, hypersensitivity

Precautions: Preexisting respiratory disease, COPD, breastfeeding, pregnancy, labor, geriatrics, hepatic disease, sleep apnea, substance abuse, alcohol use, suicidal ideation, mental changes, depression

DOSAGE AND ROUTES

• **Adult:** PO 10 mg every night within 30 min of going to bed, and with ≥ 7 hr remaining before the planned time of awakening, may increase to maximum 20 mg every night

Available forms: Tabs 5, 10, 15, 20 mg

Administer:

- Give 30 min before bedtime

- Effect may be delayed if taken with food, take on empty stomach for faster effect

SIDE EFFECTS

CNS: Amnesia, **suicidal ideation**, anxiety, dizziness, drowsiness, hallucinations, headache, memory impairment, sleep paralysis

GI: Diarrhea

PHARMACOKINETICS

High protein binding, peak 2 hr, half-life 12 hr, excreted by feces (66%), urine (23%)

INTERACTIONS

Avoid use with CYP3A inhibitors

Increase: effects of both products—CNS depressants

Decrease: suvorexant effect—CYP3A inducers

Drug/Herb:

Increase: suvorexant effect—kava, valerian, melatonin

NURSING CONSIDERATIONS

Assess:

- **Sleeping patterns:** waking in the night, inability to fall asleep or stay asleep, amnesia

- **Beers:** avoid in older adults with delirium or at high risk for delirium

- **Pregnancy/breastfeeding:** use only if benefits outweigh fetal risk; cautious use in breastfeeding, excretion unknown

Evaluate:

- Therapeutic response: normalized sleeping patterns

Teach patient/family:

- To use on an empty stomach for faster effect

- **To report immediately suicidal thoughts/behaviors or if depression worsens**

- To avoid use with other products unless approved by prescriber

- To notify provider if pregnancy is planned or suspected, or if breastfeeding

- That complex sleep behaviors may occur (sleep driving, sleep eating)

- That daytime drowsiness or dizziness may occur; to avoid hazardous activities until response is known

- To avoid grapefruit juice