

COMMONLY PRESCRIBED PSYCHOTROPIC MEDICATIONS

po = by mouth; pm = as needed; qd = 1x day; bid = 2x/day; tid = 3x/day; qid = 4x/day; qod = every other day; qhs = at bedtime; qac = before meals; SSRI = Selective Serotonin Reuptake Inhibitor; SNRI = Serotonin/Norepinephrine Reuptake Inhibitor; * on Wal-Mart's \$4 Rx plan, however not all dosages may be covered; **†** = generic available; **‡** = Not available as generic or expensive.

NAME (GENERIC NAME)	Dosage	Key Clinical Information
Antidepressant Medications		
SSRIs (Selective Serotonin Reuptake Inhibitors)	Start: 25-100 mg bid or 50 mg bid; SR-100 mg qam X 3d then 75-150 mg bid; XL-150 mg qpm X 3d, then 75-150 mg qpm. Range: 200-450 mg/d.	Contraindicated in seizure disorder because it decreases seizure threshold; stimulating; not good for treating anxiety disorders; second line Tx for ADHD; abuse potential; ‡ (SSRI, 11/2012)
• Clomipramine (Clomipramil)	Start: 10-20 mg qod; Range: 20-80 mg/d.	Best tolerated of SSRIs; very low and limited CYP-450 interactions; good choice for anxious pt. ‡
• Duloxetine (Cymbalta)	Start: 20 mg bid up to 60 mg (up by 20 mg bid). Range: 60-120 mg/d.	More GI side effects than SSRIs; b: neuropsychic pain; need to monitor BP. 2 nd line tx for ADHD. ‡
• Escitalopram (Lexapro)	Start: 5-10 mg daily. Range: 10-20 mg/d (2X more potent than Citalopram).	Best tolerated of SSRIs; very low and limited CYP-450 interactions. Good choice for anxious pt. ‡
• Fluoxetine (Prozac)	Start: 10-20 mg qhs. Range: 20-60 mg/d.	More activating than other SSRIs long half-life reduces withdrawal [†] (1% = 4-6 d). ‡
• Mirtazapine (Remeron)	Start: 15 mg qhs X 3d then 75-150 mg qhs. Range: 200-300 mg/d.	Seating and appetite promoting. Neuropenia risk (1 in 1000) to avoid in immunocompromised patients. ‡
• Paroxetine (Paxil)	Start: 10-20 mg qhs. Range: 20-60 mg/d.	Anticholinergic; sedating; very significant withdrawal syndrome. ‡
• Sertraline (Zoloft)	Start: 25-50 qpm. Range: 50-200 mg/d.	Few and limited CYP-450 interactions; mildly activating. ‡
• Venlafaxine (Effexor)	Start: 25-50 mg bid X 4d then 75-75 mg bid; 125-75 mg qpm X 4d then 75-150 mg/d. Range: 150-275 mg/d.	More agitation & GI side effects than SSRIs; b: neuropathic pain above 150 mg/daily; need to monitor BP. 2 nd line tx for ADHD. Very significant withdrawal syndrome. ‡ (SSRI, 11/2012)
Antianxiety and Sleep (Benzos) Medications		
Alprazolam (Xanax)	Start: 0.25 mg - 0.5 mg bid. Usual MAX: 4 mg/d.	Epile. doses: 0.50 mg. Onset: Intermediate (2-4 hrs). T1/2: 11 hrs. More addictive than other benzos and has uniquely problematic withdrawal syndrome. Try to avoid as 1 st line tx. ‡
Chlordiazepoxide (Librium)	Start: 10-20 mg 3-4x daily. Usual MAX: 200 mg/d.	Epile. doses: 25 mg. Onset: Intermediate (0.5-2 hrs). T1/2: 10-40 hrs (parent compound); 14-35 hrs (metabolites). Useful for treating outpatient ETOH withdrawal because of long half-lives. ‡
Clonazepam (Klonopin)	Start: 0.25 mg bid or tid. Usual MAX: 3 mg/d.	Epile. doses: 0.25 mg. Onset: Intermediate (2-4 hrs). T1/2: 40-50 hrs. Helpful in insomnia. ‡
Diazepam (Valium)	Start: 2-10 mg bid to tid with doses depending on symptoms severity. Usual MAX: 30-40 mg/d.	Epile. doses: 5 mg. Onset: Immediate (highly lipophilic). T1/2: 20-50 hrs. Note: the presence of liver disease will significantly lengthen half-lives. ‡
Loxapent (Xanax)	Start: 0.5-1 mg bid to tid. Usual MAX: 6 mg/d. Insomnia: 0.5-2 mg qhs.	Epile. doses: 1 mg. Onset: Intermediate. T1/2: 12 hrs. No active metabolites; to sober in liver tx. ‡
• Buspiron (Buspar)	Start: 7.5 mg bid. Range: 10-30 mg bid.	Non-benz SSRI-like drug FDA approved for anxiety. May take 4-6 weeks to become fully effective. ‡
Hydroxyzine (Vistaril)	Start: 25-100 mg 3-4x 1 per day. Usual MAX: 400 mg per day.	Antihistamine/antimetic drug FDA approved for anxiety. Consider in pts w/ history of substance abuse. ‡
• Propantheline (Bentropress)	Start: 1 mg qhs. Increase q 2-3 d until symptoms abate. Usual MAX: 10 mg qhs.	Old antihypertensive used to treat tics, and night terrors in PTSD. Need to warn about orthostasis particularly in AM after first dose and after each new dosage change. ‡
• Trazodone (Desyrel)	Start: 25-50 mg qhs. Range: 50-150 mg/d.	Commonly used as sleep aid; must inform about propranolol risk in men. ‡
Temazepam (Restoril)	Start: 15 mg at bedtime. MAX: 45 mg qhs.	T1/2: 8-8 hrs. Older Benzo hypnotic. No P450 metabolism. More potential for physical dependence than Ambien/Soma. ‡
Zolpidem (Ambien)	Start: 5-10 mg qhs. MAX: 20 mg qhs.	T1/2: 4-6 hrs. Potential for sleep-eating and sleep-walking. ‡ Available in longer acting form called Ambien CR. ‡
zaleplon (Sonata)	Start: 5-10 mg qhs. MAX: 20 mg qhs.	Short life. Potential for sleep-eating and sleep-walking. ‡
• Ramelteon (Rozerem)	Start: 8mg at bedtime.	Melatonin receptor agonist. Appears safe for long-term use. May take up to 1 wk to be effective. ‡
Mood Stabilizers		
• Lithium	Start: 150-300 mg bid to tid with doses up to 1200 - 1500 mg daily and higher based on renal function and drug levels (0.8-1.2 meq/L). Available in extended release form (dosed once daily (usually at HS)).	Black box warning for toxicity - Teratogenic (cardiac malform.) and will need to inform women of childbearing age of this risk . Check TSH and BUN before starting and 6-8-12 months thereafter. Advise pt about concurrent use of NSAIDS and H2RAs which can decrease renal clearance. Lithium strongly anti-suicide. ‡ (Lithium carbonate & citrate, 1, Lithium: Existing)
Divalproex (Depakote)	Start: 750 mg daily in divided doses (bid or tid 12H-18Hs); ER: increase dose as quickly as tol. to clinical effect; usual trough plasma level: 50 to 125 meq/L.	Multiple black box warnings including for hepatotoxicity, pancreatitis, and teratogenicity (need to inform women of childbearing age of this risk). Need to monitor LFTs, platelet counts, and trough initially and 2-6 mo. Significant weight gain common. ‡
Lamotrigine (Lamictil)	Start: 25 mg daily for 2 wks then 50 mg daily for 2 wks (max [†] 1 st by 100 mg per wk thereafter) with a final dose of 200-300 mg (typically divided bid). Dosage will need to be adjusted for patients taking enzyme-inducing drugs or Depakote.	Black box warning for serious, life-threatening rashes requiring hospitalization and die of Tx (Stevens Johnson syndrome (approx. 1: 1-2000)). Black drug level monitoring typically required. Need to strictly follow published titration schedules. Fewer cognitive and appetite stimulating side effects. ‡
Antipsychotic/ Mood Stabilizers[‡]		
Aripiprazole (Abilify)	Start: 10-15 mg daily titrating (weekly as needed) to 15-30 mg daily.	EPS: moderate (especially akathisia); Metabolic side effects: low. Very long half-life: 75 hrs. Least amount of sexual side effects. Need to screen glucose and lipids regularly. ‡
Risperidone (Risperidol)	Start: 0.5-1mg qhs or bid titrating to 4-6 mg daily or bid. Available as long-acting injectable given q 2 weeks called Risperidol Depot.	EPS: highest; Metabolic side effects: moderate. Hyperglycemia and sexual side effects common. Need to screen glucose and lipids regularly. ‡
Olanzapine (Zyprexa)	Start: 5 - 10mg daily titrating to 15 - 30 mg daily once or divided bid.	EPS: Low; Metabolic side effects: high. Weight gain and sedation common. Do not prescribe to diabetics. Need to screen glucose and lipids regularly. ‡
Quetiapine (Seroquel)	Start: 50 mg qhs titrating to 300-600 mg daily divided bid (max dose: 800mg). Newly available XR form.	EPS: lowest (except for Olanzapine); Metabolic side effects: moderate. Highly sedating. Need to screen glucose and lipids regularly. Abuse potential. FDA indication for bipolar depression. ‡
Ziprasidone (Geodon)	Start: 40 mg bid titrating quickly to 60-80 mg bid. Needs to be taken w/ food (doubles absorption).	EPS: moderately high (especially akathisia); Metabolic side effects: lowest. Need to screen glucose and lipids regularly. Lower dosage can be more activating than higher doses. ‡
• Haloperidol (Haldol)	Start: 0.5 to 5 mg daily or bid titrating to 5-20 mg daily.	Classic typical, high potency neuroleptic; EPS common. ‡ (11% risk of TD). Long acting injectable (Decanoate) available. ‡

[‡] Antipsychotic/mood stabilizer w/

Psychiatric Medications Cheat Sheet

Carolyn Kaufman

Psychiatric Medications Cheat Sheet:

Mind the Science Jonathan N. Stea, 2024 In Mind the Science Jonathan N Stea provides a takedown of mental health misinformation and pseudoscience to educate and embolden readers who wish to make informed decisions about their mental health Readers are empowered to protect themselves from mental health scams charlatanry and poor or misguided health practices that thrive in the multi trillion dollar wellness industry By the end readers will be better positioned to identify mental health misinformation to steer clear of misguided and predatory practices and to understand what mental health really means

Dual Diagnosis Katie Evans, J. Michael Sullivan, 2012-01-20 Updated for today's health care climate the revised and expanded second edition of this popular volume offers a thorough introduction to clinical work with this difficult to treat population Providing a unique synthesis of chemical dependency and mental health models the book articulates a framework for assessment and treatment and describes a range of effective counseling and motivational strategies for adolescents and adults The second edition includes discussions of the latest developments in treatment sample treatment plans increased coverage of ways to incorporate 12 step concepts into mental health interventions and a new section on trauma based disorders in addicted female adolescents The practical utility of the volume is enhanced by clinical vignettes clearly presented tables and reproducible forms

Self-Care for People with ADHD Sasha Hamdani, 2023-01-03 When you have ADHD it can be hard to stay on top of your wellness Self Care for People with ADHD is here to help This book can help you engage in some neurodiverse self care without pretending to be neurotypical You'll find more than 100 tips to accepting yourself destigmatizing ADHD finding your community and taking care of your physical and mental health You'll find solutions for managing the negative aspects of ADHD as well as ideas to bring out the positive aspects

Medical Transcription For Dummies Anne Martinez, 2012-12-06 The fast and easy way to explore a medical transcription career Flexibility is one of the most enticing aspects of a career in medical transcription Perfect for in the office at home or on vacation medical transcriptionists can often create lifestyle appropriate schedules The transcription field also appeals as a part time post retirement income source for ex healthcare industry workers If you're interested in a career in this growing field Medical Transcription For Dummies serves as an accessible entry point With guidance on getting through training and certification and exploring opportunities within the myriad different kinds of employment arrangements Medical

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The Writer's Guide to Psychology Carolyn Kaufman, 2010-12-01 An accurate and accessible survey of modern psychological theory and practice this reference offers

professional writers practical advice for incorporating psychological elements into their work With easy to understand explanations and definitions this book is an invaluable resource for any writer wishing to add realistic details to scenes that depict psychologists mental illnesses and disorders and psychotherapeutic treatments Designed around the needs of professional fiction and nonfiction writers this is an easy to use resource that includes historical and modern psychological treatments and terms and refutes popularly held misconceptions **The Cumulative Book Index** ,1996 A world list of books in the English language Condensed Psychopharmacology 2016 Leonard Rappa,2015-09-17 This is a 2016 pocket guide of psychiatric medications It functions as a quick resource for health care professionals and students whom have involvement with psychiatric patients and their medications It serves to give the clinician a foothold in an environment that differs from other experiences in medicine with unique terminology and disease states This reference covers the core medications used in general psychiatry practice from a pharmaceutical standpoint The handbook begins with a brief introduction of terminology and psychiatric legal parameters to medication doses black box warnings side effects drug interactions and most importantly monitoring parameters Also included is a simple guide to make pharmaceutical interventions on patients drug therapy Disease states such as Anxiety Attention Deficit Hyperactivity Disorder Bipolar Disorder Major Depression Geropsychiatry Pregnancy and Lactation Schizophrenia Seizure Disorders Substance Abuse and many more are reviewed Best of all the most important information for each is provided in summative and easily indexed formats so you can find the information you need as rapidly as you need it This could be the best quick reference for important psychopharmacologic information you ll ever own Practical Guide to Psychiatric Medications Tanveer A. MD. Padder,Tanveer Padder,2015-09-30 How much time do you spend researching psychiatric medications How often does a patient ask you a question about a medication to which you don t know the answer Have you ever wished that you could find a single reference source for all psychiatric medications instead of sifting through bulky books and websites for quick answers Now thanks to the complete and cutting edge reference Practical Guide to Psychiatric Medications written by award winning psychiatrist Tanveer A Padder MD you can bring your valuable attention back to your patients This comprehensive guide examines numerous psychiatric disorders including depression anxiety psychosis bipolar ADHD substance abuse PTSD and others and then provides detailed evidence based clinical accounts of effective drug therapies while covering everything from the dosing protocols and side effects to the drug drug interactions and much more In addition to discussing certain special populations such as children the elderly and pregnant women this resource also includes other currently relevant drug information like black box warnings dietary and herbal medications and future medications By presenting all of this essential information on psychotropic medications in an accessible and digestible format this book will quickly become an invaluable reference for medical and mental health professionals to make efficient and well informed clinical judgments Medical students Interns residents nurses physicians psychologists and therapists alike will find this information extremely

helpful in achieving clinical excellence while streamlining their daily work routine **A Consumer's Guide to Psychiatric Drugs** John Preston, 2008-12-30 Now fully revised and updated this essential guide provides comprehensive coverage of the latest treatments for anxiety mood and psychotic disorders **No-Nonsense Guide to Psychiatric Drugs** Moira Dolan, 2017-05-05 Have you ever experienced brain fog strange moods or suicidal thinking while on a prescription medication Do you wonder if your doctor gave you all the necessary warnings about the mental effects of what has been prescribed Do you sometimes think you might not need to be on all those drugs Chances are you have not been given the opportunity for Informed Consent because you were not told what is really known and not known about what the drug is doing in the body and brain its possible side mental effects what s known and not known about its safety and the actual evidence regarding how well it works or not Any drug that causes changes in mind mood emotion or behavior is by definition a psychotropic agent regardless of whether it is prescribed in a psychiatric setting Psychiatric drugs have the potential to cause the very things they claim to treat or worse Even common non psychiatric medications can have profound mental effects In today s assembly line health care with ten minute office visits often with only a non physician assistant or nurse the quick fix of dispensing a prescription almost never includes a thorough discussion of the factors you would really need to make a well considered decision about accepting a drug This user friendly no nonsense guide empowers the health care consumer with the basics in order to make informed decisions about psychiatric drugs and other meds with unsuspected mind bending effects Dr Dolan is passionate about patient empowerment and believes being an informed consumer is the only protection against becoming a victim of your medications **Prescribing Mental Health Medication** Christopher M. Doran, 2003

Prescribing Mental Health Medication is a text for nursing and medical practitioners who are learning how to diagnose and treat mental disorders with medication Skills based it focuses on the following key issues how to start and stop medication how to dose when to change medication dealing with particular kinds of patients specific illnesses and their medication special populations and conditions the management of side effects practical issues such as monitoring medication with blood levels administrative issues such as record keeping Publisher s description **What Your Patients Need to Know About Psychiatric Medications, Third Edition** Robert H. Chew, Pharm.D., Robert E. Hales, M.D., M.B.A., Stuart C. Yudofsky, M.D., 2016-10-13 Designed and organized to answer the most common questions that patients have about their psychiatric medications What Your Patients Need to Know About Psychiatric Medications Third Edition emphasizes clarity accuracy and accessibility of information From Valium and Ativan to Prozac and Adderall more than 70 medications from all of the major classes are discussed under eight key sections General Information Dosing Information Common Side Effects Adverse Reactions and Precautions Risk During Pregnancy and Breast Feeding Potential Drug Interactions Overdose and Treatment Summary Updated to reflect new medications that have come into the marketplace as well as changes to the dosing format and methods of prescription of existing medications What Your Patients Need to Know About Psychiatric Medications Third

Edition is a comprehensive resource for practitioners whether clinical psychiatrists clinical social workers or psychiatric nurses to educate their patients and a source of practical information for patients themselves long after they have left the doctor's office **Prentice Hall Psychiatric Drug Guide** Eileen Trigoboff, 2005 To be used as a resource for any psychiatric nursing and or health professions course or for the clinical setting This easy to use reference focuses exclusively on psychiatric medications and offers a complete discussion of psychotropic drug use pharmacokinetics and psychopharmacology This portable guide to safe and effective drug administration presents a full array of relevant information on each medication to ease discussions with patients prescribing and teaching patients about their medications The guide provides easy access to over 100 drugs organized alphabetically by generic name according to class For each drug in this book the user will find Combination Drugs Classifications Pregnancy Category Controlled Substance Availability Actions Therapeutic Effects Uses Contraindications Cautions Use Route Dosage Storage Administration Adverse Effects Diagnostic Test Interference Interactions Pharmacokinetics Nursing Implications and Client Family Education It highlights nursing implications with special focus on mental health patient and family education

Pocket Guide to Psychiatric Medications for Depression American Psychiatric Association, 2018-01-09 An indispensable guide to medications for the treatment of depression including vital information on the approved indications usual dosages and maximum dosages for antidepressant medications

Medication Fact Book for Psychiatric Practice Daniel Carlat, Talia Puzantian, 2025-11-28 The Medication Fact Book is a comprehensive reference guide covering all the important facts from cost to pharmacokinetics about the most commonly prescribed medications in psychiatry Composed of single page reader friendly fact sheets treatment algorithms and quick scan medication tables this book offers guidance clinical pearls and bottom line assessments of more than 100 of the most common medications you use and are asked about in your practice Get the information you need at a glance Off label uses Dosages and generic availability Mechanisms of action Cost information Bottom line impressions This revised edition features 179 fact sheets 33 reference tables Plus 9 appendices and 11 treatment algorithms An essential reference for busy clinicians Mark Leary MD Professor of Psychiatry UCSF School of Medicine A most useful desk side book for the clinician who needs accurate and practical information about commonly used medications Vivien Burt MD PhD Founder UCLA Women's Life Center of David Geffen School of Medicine at UCLA Professor of Psychiatry UCLA School of Medicine The facts you need as a prescriber are right here Jerrold F Rosenbaum MD Psychiatrist in Chief Emeritus Massachusetts General Hospital Director Center for the Neuroscience of Psychedelics Stanley Cobb Professor of Psychiatry Harvard Medical School Provides great information in a concise thoughtfully developed format that is perfect for busy clinicians Stephen Strakowski MD Professor of Psychiatry and Associate Vice President of Regional Mental Health Dell Medical School University of Texas at Austin **Condensed Psychopharmacology 2013** Leonard Rappa, 2012-12 This 2013 pocket guide of psychopharmacology is intended to serve as a quick resource for health care professionals and students

involved with psychiatric medications and patients It serves to give the clinician a foothold in an environment that differs from other experiences in medicine This reference covers core medications used in general psychiatry from a pharmaceutical standpoint The handbook includes a brief introduction of terminology and psychiatric legal parameters medication doses side effects drug interactions monitoring parameters and a guide to pharmaceutical interventions on patients drug therapy Disease states such as Anxiety Attention Deficit Hyperactivity Disorder Major Depression Bipolar Disorder Schizophrenia Substance Abuse are reviewed

Medication Fact Sheets, Fifth Edition Dean E. Konopasek, 2014-09-15 It is essential for teachers counselors social workers and psychologists to have a basic understanding of medications that are frequently used to treat students with psychiatric conditions such as ADHD depression and other mood disorders and anxiety This newly revised edition serves as a handy and easy to understand reference for nonmedical professionals The author provides a brief overview of over 100 prescription medications Each one page reproducible fact sheet identifies what the medication is for what it does potential side effects dosages and in what forms it is available User friendly appendixes separate medications by class pregnancy risk and controlled substance categories A CD providing PDFs of the fact sheets is included

Psychiatric Medications American Psychiatric Association, 1993 *Your Drug May Be Your Problem* Peter Breggin, David Cohen, 2007-09-07 When first published in 1999 Your Drug May Be Your Problem was ahead of its time The only book to

provide an uncensored description of the dangers involved in taking every kind of psychiatric medication it was also the first and only book to explain how to safely stop taking them In the time elapsed there have been numerous studies suggesting or proving the dangers of some psychiatric medications and even the FDA now acknowledges the problems more studies are under way to determine their long term and withdrawal effects In the meantime this book continues to be ever relevant and helpful Fully updated to include study results and new medications that have come to market Your Drug May Be Your Problem will help countless readers exert control over their own psychiatric treatment

Medication Fact Book for Psychiatric Practice, Fifth Edition Talia Puzantian, Daniel Carlat, 2020 The Medication Fact Book is a comprehensive reference guide covering all the important facts from cost to pharmacokinetics about the most commonly prescribed medications in psychiatry Composed of single page reader friendly fact sheets and quick scan medication tables this book offers guidance clinical pearls and bottom line assessments of more than 100 of the most common medications you use and are asked about in your practice This fifth edition reflects the availability of newer strengths and formulations as well as generics New clinical data have been incorporated into the fact sheets from the previous edition Versions of this book can be purchased with a 12 credit CME online quiz Get the information you need at a glance Off label uses Dosages and generic availability Mechanisms of action Cost information Bottom line impressions This revised edition features 148 fact sheets 17 of which are brand new 30 updated reference tables 8 of which are brand new New sections on medications for treating restless legs and using somatic therapies like bright light therapy electroconvulsive therapy ECT transcranial magnetic

stimulation TMS and vagus nerve stimulation VNS Plus 9 new treatment algorithms these flowcharts offer easy to follow guidelines for treating adult ADHD depression psychosis anxiety dementia insomnia bipolar mania alcohol use disorder and opioid use disorder

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