

QUICK REFERENCE TO PSYCHOTROPIC MEDICATION®

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To the best of our knowledge recommended doses and side effects listed below are accurate. However, this is meant as a general reference only, and should not serve as a guideline for prescribing of medications. Please check the manufacturer's product information sheet or the P.D.R. for any changes in dosage schedule or contraindications. (Brand names are registered trademarks.)

ANTIDEPRESSANTS

Generic	NAMES		Usual Daily Dosage Range	Sedation	ACH ¹	NE	Selective Action On Neurotransmitters ²	
	Brand						5-HT	DA
imipramine	Tofranil		150-300 mg	mid	mid	++	+++	0
desipramine	Norpramin		150-300 mg	low	low	+++++	0	0
amitriptyline	Elavil		150-300 mg	high	high	++	++++	0
nortriptyline	Aventyl, Pamelor		75-125 mg	mid	mid	+++	++	0
protriptyline	Vivactil		15-40 mg	mid	mid	++++	+	0
trimipramine	Surmontil ³		100-300 mg	high	mid	++	++	0
doxepin	Sinequan, Adapin ³		150-300 mg	high	mid	++	+++	0
clomipramine	Anafranil		150-250 mg	high	high	0	+++++	0
maprotiline	Ludiomil		150-225 mg	high	mid	+++++	0	0
amoxapine	Asendin		150-400 mg	mid	low	+++	++	0
trazodone	Desyrel		150-400 mg	mid	none	0	++++	0
fluoxetine	Prozac ⁴ , Sarafem		20-80 mg	low	none	0	+++++	0
bupropion-X.L.	Wellbutrin-X.L. ⁴		150-400 mg	low	none	++	0	++
sertraline	Zoloft		50-200 mg	low	none	0	+++++	0
paroxetine	Paxil		20-50 mg	low	low	+	+++++	0
venlafaxine-X.R.	Effexor-X.R. ⁴		75-350 mg	low	none	++	+++	+
fluvoxamine	Luvox		50-300 mg	low	low	0	+++++	0
mirtazapine	Remeron		15-45 mg	mid	mid	+++	+++	0
citalopram	Celexa		10-60 mg	low	none	0	+++++	0
escitalopram	Lexapro		5-20 mg	low	none	0	+++++	0
duloxetine	Cymbalta		20-80 mg	low	none	++++	++++	0
atomoxetine	Strattera		60-120 mg	low	low	+++++	0	0
MAO INHIBITORS								
phenelzine	Nardil		30-90 mg	low	none	+++	+++	+++
tranylcypromine	Parnate		20-60 mg	low	none	+++	+++	+++
selegiline	Emsam (patch)		6-12 mg	low	none	+++	+++	+++

¹ACH: Anticholinergic Side Effects

²NE: Norepinephrine, 5-HT: Serotonin, DA: Dopamine (0 = no effect, + = minimal effect, +++ = moderate effect, ++++ = high effect)

³Uncertain, but likely effects

⁴Available in standard formulation and time release (XR, XL or CR). Prozac available in 90mg time released/weekly formulation

BIPOLAR DISORDER MEDICATIONS

NAMES				NAMES			
Generic	Brand	Daily Dosage Range	Serum ¹ Level	Generic Brand	Dosage	Daily Range	Serum ¹ Level
lithium carbonate	Eskalith, Lithonate	600-2400	0.6-1.5	divalproex	Depakote	750-1500	50-100
olanzapine/ fluoxetine	Symbyax	6/25-12/50mg ⁴	2	gabapentin	Neurontin	300-2400	(2)
carbamazepine	Tegretol, Equetro	600-1600	4-10+	lamotrigine	Lamictal	50-500	(2)
oxcarbazepine	Trileptal	1200-2400	(2)	topiramate	Topamax	50-300	(3)
				tiagabine	Gabitril	4-12	(3)

¹Lithium levels are expressed in mEq/l, carbamazepine and valproic acid levels express in mcg/ml.

²Serum monitoring may not necessary ³Not yet established ⁴Available in: 6/25, 6/50, 12/25, and 12/50mg formulations

ANTI-OBSESSIONAL

Generic	Brand	Dose Range ¹
clomipramine	Anafranil	150-250 mg
fluoxetine	Prozac ¹	20-80 mg
sertraline	Zoloft ¹	50-200 mg
paroxetine	Paxil ¹	20-60 mg
fluvoxamine	Luvox ¹	50-300 mg
citalopram	Celexa ¹	10-60 mg
escitalopram	Lexapro ¹	5-20 mg

¹often higher doses are required to control obsessive-compulsive symptoms than the doses generally used to treat depression.

PSYCHO-STIMULANTS

Generic	Brand	Daily Dosage ¹
methylphenidate	Ritalin	5-50 mg
methylphenidate	Concerta ²	18-54 mg
methylphenidate	Metadate	5-40 mg
methylphenidate	Methylin	10-60 mg
methylphenidate	Daytrana (patch)	15-30 mg
dexamethylphenidate	Focalin	5-40 mg
dextroamphetamine	Dexedrine	5-40 mg
pemoline	Cylert	37.5-112.5 mg
d- and l-amphetamine	Adderall	5-40 mg
modafinil	Provigil, Sparlon	100-400 mg

¹Note: Adult Doses. ²Sustained release

ANTIPSYCHOTICS

NAMES		Brand	Dosage Range ¹	Sedation	Ortho ²	EPS ³	ACH Effects ⁴	Equivalence ⁵
Generic								
LOW POTENCY								
chlorpromazine		Thorazine	50-800 mg	high	high	++	++++	100 mg
thioridazine		Mellaril	150-800 mg	high	high	+	+++++	100 mg
clozapine		Clozaril	300-900 mg	high	high	0	+++++	50 mg
mesoridazine		Serentil	50-500 mg	high	mid	+	+++++	50 mg
quetiapine		Seroquel	150-400 mg	mid	mid	+ / 0	+	50 mg
HIGH POTENCY								
molindone		Moban	20-225 mg	low	mid	+++	+++	10 mg
perphenazine		Trilafon	8-60 mg	mid	mid	++++	++	10 mg
loxapine		Loxitane	50-250 mg	low	mid	+++	++	10 mg
trifluoperazine		Stelazine	2-40 mg	low	mid	++++	++	5 mg
fluphenazine		Prolixin ⁵	3-45 mg	low	mid	+++++	++	2 mg
thiothixene		Navane	10-60 mg	low	mid	++++	++	5 mg
haloperidol		Haldol ⁵	2-40 mg	low	low	+++++	+	2 mg
pimozide		Orap	1-10 mg	low	low	+++++	+	1-2 mg
risperidone		Risperdal	4-16 mg	low	mid	+	+	1-2 mg
olanzapine		Zyprexa	5-20 mg	mid	low	+ / 0	+	1-2 mg
ziprasidone		Geodon	60-160 mg	low	mid	+ / 0	++	10 mg
aripiprazole		Abilify	15-30 mg	low	low	+ / 0	+	2 mg

¹Usual daily oral dosage

²Orthostatic Hypotension Dizziness and falls

³Acute: Parkinson's, dystonias, akathisia. Does not reflect risk for tardive dyskinesia. All neuroleptics may cause tardive dyskinesia, except clozapine.

⁴Anticholinergic Side Effects.

⁵Dose required to achieve efficacy of 100 mg chlorpromazine.

⁶Available in time-release IM format.

ANTI-ANXIETY

NAMES		Brand	Single Dose Dosage Range	Equivalence ¹
Generic				
BENZODIAZEPINES				
diazepam		Valium	2-10 mg	5 mg
chlordiazepoxide		Librium	10-50 mg	25 mg
prazepam		Centrax	5-30 mg	10 mg
clorazepate		Tranxene	3.75-15 mg	10 mg
clonazepam		Klonopin	0.5-2.0 mg	0.25 mg
lorazepam		Ativan	0.5-2.0 mg	1 mg
alprazolam		Xanax, XR	0.25-2.0 mg	0.5 mg
oxazepam		Serax	10-30 mg	15 mg
OTHER ANTIANXIETY AGENTS				
bupirone		BuSpar	5-20 mg	
gabapentin		Neurontin	200-600 mg	
hydroxyzine		Atarax, Vistaril	10-50 mg	
propranolol		Inderal	10-80 mg	
atenolol		Tenormin	25-100 mg	
guanfacine		Tenex	0.5-3 mg	
clonidine		Catapres	0.1-0.3 mg	

¹Doses required to achieve efficacy of 5 mg of diazepam

OVER THE COUNTER

Name	Daily Dose
St. John's Wort ^{1, 2}	600-1800 mg
SAM-e ³	400-1600 mg
Omega-3 ⁴	1-9 g

¹Treats depression and anxiety

²May cause significant drug-drug interactions

³Treats depression

⁴Treats depression and bipolar disorder

HYPNOTICS

NAMES		Brand	Single Dose Dosage Range
Generic			
flurazepam		Dalmane	15-30 mg
temazepam		Restoril	15-30 mg
triazolam		Halcion	0.25-0.5 mg
estazolam		ProSom	1.0-2.0 mg
quazepam		Doral	7.5-15 mg
zolpidem		Ambien	5-10 mg
zaleplon		Sonata	5-10 mg
eszopiclone		Lunesta	1-3 mg
ramelteon		Rozarem	4-16 mg
diphenhydramine		Benadryl	25-100 mg

COMMON SIDE EFFECTS

ANTICHOLINERGIC EFFECTS

(block acetylcholine)

- dry mouth
- blurred vision
- constipation
- memory impairment
- urinary retention
- confusional states

EXTRAPYRAMIDAL EFFECTS

(dopamine blockade in basal ganglia)

- Parkinson-like effects: rigidity, shuffling gait, tremor, flat affect, lethargy
- Dystonias: spasms in neck and other muscle groups
- Akathisia: intense, uncomfortable sense of inner restlessness
- Tardive dyskinesia: often a persistent movement disorder (lip smacking, writhing movements, jerky movements)

Note: The above are common side effects. All medications can produce specific or unique side effects. For a more complete description, please see references listed below

REFERENCES and RECOMMENDED BOOKS

Handbook of Clinical Psychopharmacology For Therapists (2005) Preston, O'Neal and Talaga

Quick Reference • Free Downloads
Website: www.PsyD-fx.com

Clinical Psychopharmacology Made Ridiculously Simple 5th Edition (2007) Preston and Johnson