

PRESCRIPTION MEDICATIONS FOR MENTAL ILLNESS

This pamphlet should be used only as a general guideline to inform you about the medication(s) which you are taking including:

- What these medications are used for
- How the medication works
- Possible side effects
- Precautions you should be aware of

You may experience all, some, or none of the side effects listed because individuals react differently to each medication. If you have additional questions after reading the material, ask your doctor or pharmacist.

WHY USE YOUR MEDICATIONS?

Prescription medications can help you with the following:

- reduce symptoms
- prevent relapse
- improve your quality of life

You must monitor your response to the medication carefully in order to maximize the benefits of medications and detect side effects.

DO NOT use alcohol and illicit drugs while taking the medications.

HOW DO YOU TAKE YOUR MEDICATION?

- To get the most benefit, use the medication as prescribed.
 - If 1 time a day, take in the morning or evening.
 - If 2 times a day, take in the morning and late afternoon/early evening.
 - Or as directed by your doctor.
- Take your medication at the same time(s) each day.
- DO NOT change your dose or take it more often than prescribed.
- The medication may be taken with or without food, if you do not know, ask your doctor or pharmacist.
- **DO NOT stop taking the medication(s) or reduce the dose without first discussing it with your doctor. Stopping the medication(s) may worsen the illness.**

WHAT IF YOU MISSED A DOSE?

If you missed a dose, take it as soon as you remember. If it is near the time of your next dose, skip the missed dose and resume your usual dosing schedule. DO NOT double the dose.

TELL YOUR DOCTOR IF YOU:

1. Have had allergic reactions to drugs or food.
2. Are taking any other medications (including herbals and illicit drugs).
3. Are pregnant or breast-feeding.
4. Have diabetes, kidney, liver, or heart disease.
5. Are on a special diet or taking food supplements.
6. Drink alcohol or smoke.
7. Stop taking the prescribed medications.
8. Experience side effects.

REMEMBER

1. Know your medications.
2. Follow directions and read the label carefully.
3. Store medications in a cool dry place.
4. Keep medications out of the reach of children.
5. Ask about special precautions.
6. Find out about possible side effects.
7. Keep your doctor informed.



MEDICATIONS FOR MENTAL HEALTH

A guide for families, friends, board and care homes, caregivers, and patients



This brochure provides information about medications in the following categories:

- Antidepressants
- Antipsychotic
- Anti-Anxiety & Sleeping Agents
- Mood Stabilizers
- Medications Used to Treat Extrapyrimal Side Effects
- Stimulants

**These medications are to be used only when prescribed by your doctor. **

Ask your doctor or pharmacist which category or categories of medications you are taking.

IF YOU HAVE ANY QUESTIONS OR PROBLEMS, ASK YOUR

- **Doctor**
- **Therapist**
- **Pharmacy**

ANTIDEPRESSANTS

Generic Name	Brand Name
TRICYCLICS	
Amitriptyline	Elavil, Endep
Amoxapine	Asendin
Clomipramine*	Anafranil
Desipramine	Norpramin
Doxepin	Sinequan, Adapin
Imipramine	Tofranil
Maprotiline	Ludiomil
Nortriptyline	Pamelor, Aventyl
Protriptyline	Vivactil
SSRI's	
Citalopram	Celexa
Escitalopram	Lexapro
Fluoxetine	Prozac
Fluvoxamine*	Luvox
Paroxetine	Paxil
Sertraline	Zoloft
MAO INHIBITORS	
Phenelzine sulfate	Nardil
Selegiline (patch)	Emsam
Tranylcypromine	Parnate
OTHERS	
Bupropion	Wellbutrin
Duloxetine	Cymbalta
Mirtazapine	Remeron
Nefazodone	Serzone
Trazodone	Desyrel
Venlafaxine	Effexor

*used mainly in obsessive compulsive disorder (OCD)

WHAT ARE THEY USED FOR?

They may be used to treat symptoms of depression, including:

- depressed mood
- loss of interest
- lack of pleasure
- changes in sleep & appetite

These drugs work with the natural substances in your body to help make you feel well and happy.

SIDE EFFECTS:

Common: drowsiness, lightheadedness, dry mouth, nervousness, constipation, weight gain, rapid heart rate, change in sexual function

TRICYCLICS: Dizziness, blurred vision. These effects often decrease in 1 to 2 weeks.

SSRI's: Nausea, diarrhea, insomnia (sertraline, fluoxetine), somnolence (paroxetine, fluvoxamine), weight loss, and **suicidal thoughts**.

MAOI's: Orthostatic hypotension, edema, insomnia, agitation, blurred vision

PRECAUTIONS:

- Antidepressants may take a month or more to take effect.
- Avoid barbiturates, alcohol, and illicit drugs.
- Do not operate a car or machinery if feeling sleepy.
- If you are pregnant or breast-feeding, consult your doctor.

IF YOU ARE TAKING A MAO INHIBITOR:

- Do not drink or eat excessive amounts of caffeinated products (e.g. coffee, tea, chocolate.)
- Do not drink alcohol, especially Chianti (red wine).
- Do not eat cheese, sour cream, yogurt, or smoked meats.
- Do not eat fava beans, avocados, or bananas.
- These foods interact with the medication and increase your blood pressure.

ANTIPSYCHOTIC AGENTS

Generic Name	Brand Name
TYPICALS	
Chlorpromazine	Thorazine
Fluphenazine	Prolixin
Haloperidol	Haldol
Loxapine	Loxitane
Mesoridazine	Serentil
Molindone	Moban
Perphenazine	Trilafon
Thioridazine	Mellaril
Thiothixene	Navane
Trifluoperazine	Stelazine
ATYPICALS	
Aripiprazole	Abilify
Clozapine	Clozaril
Olanzapine	Zyprexa
Quetiapine	Seroquel
Risperidone	Risperdal
Ziprasidone	Geodon
OTHER	
Olanzapine and Fluoxetine	Symbyax

WHAT ARE THEY USED FOR?

Antipsychotic agents can be used to treat schizophrenia or bipolar disorder. Schizophrenia causes disorganized thought, confusion, altered view of reality, and hallucinations. Bipolar disorder causes a person to alternate between depression and mania, see section "Mood Stabilizer". Antipsychotic agents may be able to reduce or stop these events by working with the natural substances in your body to help you with the following: (1) organize your thoughts, (2) help you stay concentrated, (3) help reduce excitability, confusion, and withdrawal, (4) improve your ability to communicate, and/or (5) improve your ability to control hallucinations.

SIDE EFFECTS

TYPICAL: Sleepiness, dry mouth, dizziness, blurred vision, rapid heart beat, stuffy nose, restlessness, muscle stiffness, trembling and shaking may occur. These effects often disappear in 1 to 2 weeks.

****Serious Side Effect:** Tardive dyskinesia (TD), which is an involuntary movement of the face or mouth, may occur and can be irreversible.

ATYPICAL: These medications cause many of the same side effects as the typical antipsychotic, but rarely cause muscle stiffness, trembling, and restlessness.

****Serious Side Effects:**

- increase blood pressure
- increase blood sugar
- increase cholesterol
- weight gain

Clozapine requires frequent blood test.

PRECAUTIONS

- Avoid barbiturates, alcohol, and illicit drugs if taking these medications. They may increase the side effects of antipsychotic.
- Avoid operating a car or machinery.
- Antipsychotic may take a month or longer to take effect.
- If you are pregnant, think you may be pregnant, or are breast-feeding, consult your doctor or pharmacist.
- Contact your doctor if you experience flu-like symptoms (fever, sore throat, and lethargy [lack of energy]).
- Avoid extended sun exposure. Stay in the shade, drink water, use sun-block and KEEP COOL.

MEDICATIONS USED TO TREAT EXTRAPYRAMIDAL SIDE EFFECTS (EPSE)

<u>Generic Name</u>	<u>Brand Name</u>
Amantadine	Symmetrel
Benzotropine	Cogentin
Biperiden	Akineton
Diphenhydramine	Benadryl
Trihexyphenidyl	Artane

WHAT ARE EXTRAPYRAMIDAL SIDE EFFECTS?

EPSE are side effects that usually occur from taking typical antipsychotic medications. Examples of EPSE include:

- **Akathesia:** an uncontrollable feeling of restlessness or inability to stay still
- **Pseudoparkinsonism:** a feeling of slowing down and stiffness, trembling, and shaking
- **Dystonia:** a feeling of muscle tension or spasm

The medications can minimize or eliminate the side effects from taking a typical antipsychotic medication. For a complete list of antipsychotic medications, see the section "Antipsychotic Agents."

SIDE EFFECTS:

Benzotropine, trihexyphenidyl, diphenhydramine, and biperiden can cause the following:

- dry mouth
- dry skin
- constipation
- sedation
- blurred vision

Of the medications listed, benzotropine is the most sedating.

Amantadine can cause the following:

- irritability
- dizziness
- tremor
- agitation

**Rare: hallucinations

PRECAUTIONS:

- Avoid alcohol and illicit drugs with these medications as it may increase sedation.
- Do not operate a car or machinery until you are sure that the medication does not adversely affect you.
- If you are pregnant, think that you may be pregnant, or are breast-feeding, consult your doctor or pharmacist about the risk associated with these medications.
- High doses of these medications can lead to serious outcome.
- Contact your physician immediately if you experience any of the following while taking these medication:
 - flushed face
 - rapid heart beat
 - fever

STIMULANT MEDICATIONS

<u>Generic Name</u>	<u>Brand Name</u>
Atomoxetine	Strattera
Dexmethylphenidate	Focalin
Dextroamphetamin/A mphetamine	Adderall
Dextroamphetamine	Dexedrine
Methamphetamine	Desoxyn
Methylphenidate	Concerta, Ritalin, Metadate
Pemoline	Cylert

WHAT ARE THEY USED FOR?

Stimulant medications are mainly used to treat attention deficit hyperactivity disorder (ADHD) in children who are unable to concentrate. Stimulant medications can do the following:

- improve attention span
- improve ability to follow directions
- decrease hyperactivity
- improve ability to think before acting
- decrease appetite

SIDE EFFECTS:

Common:

- trouble falling asleep
- headaches
- stomach aches
- nausea
- nervousness
- rapid heart beat
- increased blood pressure
- crankiness
- weight loss

These often go away after two weeks or if the dose is lowered by your doctor.

Serious:

- muscle twitches/tics
- sadness which lasts more than a few days
- unusual behavior, e.g. suicidal thoughts

Tell your doctor or pharmacist right away if you experience any of these side effects.

PRECAUTIONS:

- If you have schizophrenia or bipolar disorder, these medications can worsen your symptoms.
- Physical addiction may occur in adolescents or adults.
- Keep this medication where it will not be abused by others.
- A child may not grow as fast as usual while taking this medication. Growth usually catches up after stopping medication. Monitor height and weight regularly.

ANTI-ANXIETY & SLEEPING AGENTS

Generic Name	Brand Name
BENZODIAZEPINES	
Alprazolam*	Xanax
Chlorazepate	Tranxene
Chlordiazepoxide	Librium
Clonazepam	Klonopin
Diazepam	Valium
Flurazepam*	Dalmane
Lorazepam	Ativan
Oxazepam	Serax
Temazepam*	Restoril
NON-BENZODIAZEPINES	
Amitriptyline** (low doses)	Elavil*
Buspirone	Buspar
Diphenhydramine	Benadryl
Eszopiclone**	Lunesta
Hydroxyzine	Atarax
Imipramine** (low doses)	Topranil**
Zaleplon**	Sonata
Zolpidem**	Ambien

*Primarily used for panic disorders

**Primarily used for sleep disorders

WHAT ARE THEY USED FOR?

These medications may be used to treat anxiety which can include any or all of the symptoms following:

- an unreasonable and unpleasant state of tension
- uneasiness or fear (not normal tension)
- difficulty sleeping
- muscle spasms

Anti-anxiety medications work with the natural substances in your body to help you feel relaxed and calm. They can cause mild sedation while giving relief from tension and anxiety.

SIDE EFFECTS

Common: drowsiness, lightheadedness, clumsiness, depression

BENZODIAZEPINES: slurred speech, confusion, headaches, nausea, and physical addiction

**Rare: breathing difficulty, nervousness, or excitement may occur.

NON-BENZODIAZEPINES: headache, dizziness, nausea, diarrhea

Zolpidem (Ambien) may cause tremor.

PRECAUTIONS:

- Avoid taking barbiturates, alcohol, and illicit drugs while taking anti-anxiety medications. The combination can be deadly.
- Do not operate a car or machinery while taking these medications.
- If you are pregnant, think you may be pregnant, or are breast-feeding, consult your doctor or pharmacist about the possible risks of using these medications.
- Do not stop taking these medications or reduce the dose without first discussing it with your doctor.
- May cause physical and/or psychological addiction.

MOOD STABILIZERS

Generic Name	Brand Name
Carbamazepine	Tegretol
Divalproex sodium	Depakote
Lamotrigine	Lamictal
Lithium carbonate	Eskalith, Lithobid
Oxcarbazepine	Trileptal
Valproic acid	Depakene

WHAT ARE THEY USED FOR?

These medications may be used to treat bipolar mood disorder, also known as manic depression. This is a disorder where you alternate between mania and depression.

Mania: When you are overly self-confident, reckless, uncontrollable, sleepless, and excited.

Depression: When you feel low-spirited, hopeless, and extremely sad.

These medications work on the natural substances in your body to do the following:

- make you feel happy and confident
- help stabilize your moods by controlling your highs and lows.

It may take up to two weeks for these medications to work.

SIDE EFFECTS:

Common:

- sedation
- dry mouth
- stomach upset
- diarrhea
- fatigue
- shakiness
- drowsiness
- weight gain

Lithium may cause thirst, muscle weakness, and slightly impaired memory.

Carbamazepine may cause a rash. If this occurs it is very important that you contact your doctor.

PRECAUTIONS:

- Be aware of your salt intake with Lithium. Do not restrict salt from your diet. A low salt concentration in your body can cause fatigue, slurred speech and trembling. In severe cases, coma or death may result.
- Avoid extended sun exposure. Stay in the shade, drink water, use sun-block and KEEP COOL.
- Blood tests are necessary to ensure that the level in your blood are safe and effective while taking the following:
 - Lithium (Eskalith, Lithobid)
 - Valproic Acid (Depakene)
 - Divalproex sodium (Depakote)
 - Carbamazepine (Tegretol)
- If you are pregnant, think that you are pregnant, or are breast-feeding, consult your doctor or pharmacist about the possible risks associated with these medications.
- Do not stop taking these medications or reduce the dose without first discussing it with your doctor.