

# QUICK REFERENCE TO PSYCHOTROPIC MEDICATION®

DEVELOPED BY JOHN PRESTON, PSY.D., ABPP

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 <sup>1</sup>	NE	Selective Action On Neurotransmitters <sup>2</sup>	
	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 <sup>3</sup>		100-300 mg	high	mid	++	++	0
doxepin	Sinequan, Adapin <sup>3</sup>		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 <sup>4</sup> , Sarafem		20-80 mg	low	none	0	+++++	0
bupropion-X.L.	Wellbutrin-X.L. <sup>4</sup>		150-400 mg	low	none	++	0	++
sertraline	Zoloft		50-200 mg	low	none	0	+++++	0
paroxetine	Paxil, Paxil-CR <sup>4</sup>		20-50 mg	low	low	+	+++++	0
venlafaxine-X.R.	Effexor-X.R. <sup>4</sup>		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
reboxetine	Vestra		4-8 mg	low	low	+++++	0	0
<b>MAO INHIBITORS</b>								
phenelzine	Nardil		30-90 mg	low	none	+++	+++	+++
tranylcypromine	Parnate		20-60 mg	low	none	+++	+++	+++

<sup>1</sup>ACH: Anticholinergic Side Effects

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

<sup>3</sup>Uncertain, but likely effects

<sup>4</sup>Available 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 <sup>1</sup> Level	Generic	Brand	Daily Dosage Range	Serum <sup>1</sup> Level
lithium carbonate	Eskalith, Lithonate	600-2400	0.6-1.5	divalproex	Depakote	750-1500	50-100
olanzapine/ fluoxetine	Symbyax	6/25-12/50mg <sup>4</sup>	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)

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

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

## ANTI-OBSESSIONAL

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

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

## PSYCHO-STIMULANTS

Generic	Brand	Daily Dosage <sup>1</sup>
methylphenidate	Ritalin	5-50 mg
methylphenidate	Concerta <sup>2</sup>	18-54 mg
methylphenidate	Metadate	5-40 mg
methylphenidate	Methylin	10-60 mg
dexmethylphenidate	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	100-400 mg

<sup>1</sup>Note: Adult Doses. <sup>2</sup>Sustained release

## ANTIPSYCHOTICS

NAMES		Brand	Dosage Range <sup>1</sup>	Sedation	Ortho <sup>2</sup>	EPS <sup>3</sup>	ACH Effects <sup>4</sup>	Equivalence <sup>5</sup>
Generic								
<b>LOW POTENCY</b>								
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
<b>HIGH POTENCY</b>								
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 <sup>5</sup>	3-45 mg	low	mid	+++++	++	2 mg
thiothixene		Navane	10-60 mg	low	mid	++++	++	5 mg
haloperidol		Haldol <sup>5</sup>	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

<sup>1</sup>Usual daily oral dosage

<sup>2</sup>Orthostatic Hypotension Dizziness and falls

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

<sup>4</sup>Anticholinergic Side Effects.

<sup>5</sup>Dose required to achieve efficacy of 100 mg chlorpromazine.

<sup>6</sup>Available in time-release IM format.

## ANTI-ANXIETY

NAMES		Brand	Single Dose Dosage Range	Equivalence <sup>1</sup>
Generic				
<b>BENZODIAZEPINES</b>				
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
<b>OTHER ANTIANXIETY AGENTS</b>				
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	

<sup>1</sup>Doses required to achieve efficacy of 5 mg of diazepam

## OVER THE COUNTER

Name	Daily Dose
St. John's Wort <sup>1,2</sup>	600-1800 mg
SAM-e <sup>3</sup>	400-1600 mg
Omega-3 <sup>4</sup>	1-9 g

<sup>1</sup>Treats depression and anxiety

<sup>2</sup>May cause significant drug-drug interactions

<sup>3</sup>Treats depression

<sup>4</sup>Treats 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		Rozerem	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](http://www.PsyD-fx.com)

Clinical Psychopharmacology Made Ridiculously Simple 5th Edition (2006) Preston and Johnson