

# QUICK REFERENCE TO PSYCHOTROPIC MEDICATIONS®

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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

NAMES		Usual Daily Dosage Range	Sedation	ACH <sup>1</sup>	NE	Selective Action On Neurotransmitters <sup>2</sup>	
Generic	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
clomipramine	Anafranil	150-250 mg	high	high	0	+++++	0
trazodone	Desyrel, Oleptro	150-400 mg	mid	none	0	++++	0
nefazodone	Generic Only	100-300 mg	mid	none	0	+++	0
fluoxetine	Prozac <sup>4</sup> , Sarafem	20-80 mg	low	none	0	+++++	0
bupropion	Wellbutrin <sup>4</sup>	150-400 mg	low	none	++	0	++
sertraline	Zoloft	50-200 mg	low	none	0	+++++	+
paroxetine	Paxil	20-50 mg	low	low	+	+++++	0
venlafaxine	Effexor <sup>4</sup>	75-350 mg	low	none	+++	+++	+
desvenlafaxine	Pristiq	50-400 mg	low	none	+++	+++	+
fluvoxamine	Luvox	50-300 mg	low	low	0	+++++	0
mirtazapine	Remeron	15-45 mg	mid	mid	+++	+++	0
citalopram	Celexa	10-40 mg	low	none	0	+++++	0
escitalopram	Lexapro	5-20 mg	low	none	0	+++++	0
duloxetine	Cymbalta	20-80 mg	low	none	+++	+++	0
vilazodone	Viibryd	10-40 mg	low	low	0	+++++	0
atomoxetine	Strattera	60-120 mg	low	low	+++++	0	0
vortioxetine	Brintellix	10-20 mg	low	none	+	+++++	+
levomilnacipran	Fetzima	40-120 mg	low	none	+++	+++	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	+++	+++	+++

<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	Dosage	Daily Range	Serum <sup>1</sup> Level
lithium carbonate	Eskalith, Lithonate	600-2400	0.6-1.5	divalproex	Depakote		750-1500	50-100
olanzapine/				lamotrigine	Lamictal		50-500	(2)
fluoxetine	Symbyax	6/25-12/50mg <sup>4</sup>	2	oxcarbazepine	Trileptal		1200-2400	(2)
carbamazepine	Tegretol, Equetro	600-1600	4-10+					

<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

NAMES		
Generic	Brand	Dose Range <sup>1</sup>
clomipramine	Anafranil	150-300 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>	10-40 mg
escitalopram	Lexapro <sup>1</sup>	5-30 mg
vilazodone	Viibryd <sup>1</sup>	10-40 mg

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

## PSYCHO-STIMULANTS

NAMES		
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
methylphenidate	Daytrana (patch)	15-30 mg
methylphenidate	Quillivant XR (liquid) <sup>2</sup>	10-60 mg
dexmethylphenidate	Focalin	5-40 mg
dextroamphetamine	Dexedrine	5-40 mg
lisdexamphetamine	Vyvanse	30-70 mg
d- and l-amphetamine	Adderall	5-40 mg
modafinil	Provigil, Sparlon	100-400 mg
armodafinil	Nuvigil	150-250 mg

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

# ANTIPSYCHOTICS

NAMES		Dosage Range <sup>1</sup>	Sedation	Ortho <sup>2</sup>	EPS <sup>3</sup>	ACH Effects <sup>4</sup>	Equivalence <sup>5</sup>
Generic	Brand						
<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
quetiapine	Seroquel	150-600 mg	mid	mid	+/0	+	50 mg
<b>HIGH POTENCY</b>							
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
paliperidone	Invega	3-12 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
iloperidone	Fanapt	12-24 mg	mid	mid	+	++	1-2 mg
asenapine	Saphris	10-20 mg	low	low	+	+	1-2 mg
lurasidone	Latuda	40-80 mg	mid	mid	+	+	10 mg
aripiprazole	Abilify	15-30mg	low	low	+	+	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		Single Dose Dosage Range	Equivalence <sup>1</sup>
Generic	Brand		
<b>BENZODIAZEPINES</b>			
diazepam	Valium	2-10 mg	5 mg
chlordiazepoxide	Librium	10-50 mg	25 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
<b>OTHER ANTI-ANXIETY AGENTS</b>			
buspirone	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, Intuniv	0.5-3 mg	
clonidine	Catapres, Kapvay	0.1-0.3 mg	
prazosin <sup>2</sup>	Minipress	5-20 mg	
pregabalin	Lyrica	25-450 mg	

<sup>1</sup>Doses required to achieve efficacy of 5 mg of diazepam  
<sup>2</sup>For treatment of nightmares and day time anxiety

# HYPNOTICS

NAMES		Single Dose Dosage Range
Generic	Brand	
temazepam	Restoril	15-30 mg
triazolam	Halcion	0.25-0.5 mg
zolpidem	Ambien	5-10 mg
zolpidem	Intermezzo	1.75 mg
zaleplon	Sonata	5-10 mg
eszopiclone	Lunesta	1-3 mg
ramelteon	Rozerem	4-16 mg
diphenhydramine	Benadryl	25-100 mg
doxepin	Silenor	3-6 mg

# 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> -EPA	1-2 g
Folic acid <sup>8</sup>	500 mcg
N-acetylcysteine <sup>5</sup>	1200-2400 mg
Chamomile <sup>6</sup>	200-1500 mg
5-HTP <sup>7</sup>	300-600 mg

<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  
<sup>5</sup>For trichotillomania  
<sup>6</sup>Treats anxiety:equivalent: one cup of chamomile tea  
<sup>7</sup>Treats depression  
<sup>8</sup>Note: available as Deplin 1-methylfolate (prescription) 7.5-15 mg

# REFERENCES and RECOMMENDED BOOKS

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

*Handbook of Clinical Psychopharmacology For Therapists* (2013) Preston, O'Neal and Talaga

*Clinical Psychopharmacology Made Ridiculously Simple 8th Edition* (2014) Preston and Johnson

*Consumer's Guide to Psychiatric Drugs* (2009) Preston, O'Neal, Talaga

*Child and Adolescent Psychopharmacology Made Simple* (2010) Preston, O'Neal, Talaga