

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 ¹	NE	Selective Action On Neurotransmitters ²	
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 ⁴ , Sarafem	20-80 mg	low	none	0	+++++	0
bupropion	Wellbutrin ⁴	150-400 mg	low	none	++	0	++
sertraline	Zoloft	50-200 mg	low	none	0	+++++	+
paroxetine	Paxil	20-50 mg	low	low	+	+++++	0
venlafaxine	Effexor ⁴	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	+++	+++	+++

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/				lamotrigine	Lamictal		50-500	(2)
fluoxetine	Symbyax	6/25-12/50mg ⁴	2	oxcarbazepine	Trileptal		1200-2400	(2)
carbamazepine	Tegretol, Equetro	600-1600	4-10+					

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

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

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

PSYCHO-STIMULANTS

NAMES		
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
methylphenidate	Quillivant XR (liquid) ²	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

¹Note: Adult Doses. ²Sustained release

ANTIPSYCHOTICS

NAMES		Dosage Range ¹	Sedation	Ortho ²	EPS ³	ACH Effects ⁴	Equivalence ⁵
Generic	Brand						
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
quetiapine	Seroquel	150-600 mg	mid	mid	+/0	+	50 mg
HIGH POTENCY							
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
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

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		Single Dose Dosage Range	Equivalence ¹
Generic	Brand		
BENZODIAZEPINES			
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
OTHER ANTIANXIETY AGENTS			
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 ²	Minipress	5-20 mg	
pregabalin	Lyrica	25-450 mg	

¹Doses required to achieve efficacy of 5 mg of diazepam
²For 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 ^{1, 2}	600-1800 mg
SAM-e ³	400-1600 mg
Omega-3 ⁴ -EPA	1-2 g
Folic acid ⁸	500 mcg
N-acetylcysteine ⁵	1200-2400 mg
Chamomile ⁶	200-1500 mg
5-HTP ⁷	300-600 mg

¹Treats depression and anxiety
²May cause significant drug-drug interactions
³Treats depression
⁴Treats depression and bipolar disorder
⁵For trichotillomania
⁶Treats anxiety:equivalent: one cup of chamomile tea
⁷Treats depression
⁸Note: 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