

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

Generic	NAMES		Usual Daily Dosage Range	Sedation	ACH ¹	Selective Action On Neurotransmitters ²		
	Brand					5-HT	NE	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-X.L.	Wellbutrin-X.L. ⁴		150-400 mg	low	none	++	0	++
sertraline	Zoloft		50-200 mg	low	none	0	+++++	+
paroxetine	Paxil		20-50 mg	low	low	+	+++++	0
venlafaxine-X.R.	Effexor-X.R. 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	Daily Dosage 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
armodafanil	Nuvigil	150-250 mg

¹Note: Adult Doses. ²Sustained release

ANTIPSYCHOTICS

Generic	NAMES Brand	Dosage Range ¹	Sedation	Ortho ²	EPS ³	ACH Effects ⁴	Equivalence ⁵
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

Generic	NAMES Brand	Single Dose Dosage Range	Equivalence ¹
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	

¹Doses required to achieve efficacy of 5 mg of diazepam

²For treatment of nightmares and day time anxiety

HYPNOTICS

Generic	NAMES Brand	Single Dose Dosage Range
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

⁸Note: available as Deplin 1-methylfolate (prescription) 7.5-15 mg

⁵For trichotillomania

⁶Treats anxiety; equivalent:

one cup of chamomile tea

⁷Treats depression

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