

A Quick Reference

Common Psychotropic Medications

Common Adverse Side Effects

Recommended Uses

Antidepressants

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Antipsychotics

Anti-Anxiety (Anxiolytics) and Sedatives

Psychiatric Medications Table I: Antidepressants

Antidepressant Class	Names of Medications Within Class Available in Canada	Most Common Side Effects	Some Potential Drug Interactions
Selective Serotonin Reuptake Inhibitors (SSRI)	citalopram (Celexa), fluoxetine (Prozac), fluvoxamine (Luvox), paroxetine (Paxil), sertraline (Zoloft)	nausea, insomnia, headaches, sexual dysfunction, jitteriness/motor restlessness, dry mouth, drowsiness	St. John's Wort, MAOI; alcohol can increase side effects; caffeine can increase anxiety/insomnia
Non-selective Cyclic Antidepressants/Tricyclics (TCA)	amitriptyline (Elavil), clomipramine (Anafranil), desipramine (Norpramin), doxepin (Sinequan), imipramine (Tofranil), nortriptyline (Aventyl), trimipramine (Surmontil)	dry mouth, sedation, constipation, blurred vision, dizziness, weight gain, urinary retention	alcohol can increase side effects; caffeine can increase anxiety/insomnia
Monoamine Oxidase Inhibitors (MAOI)	phenelzine (Nardil), tranylcypromine (Parnate)	sedation, insomnia, blurred vision, constipation, tremor, orthostatic hypotension (blood pressure drops when rising from chair or bed), nausea	all other antidepressants (including St. John's Wort), foods containing tyramine (must follow special restrictive diet), meperidine, OTC cough and cold products
Reversible Inhibitors of Monoamine Oxidase (RIMA)	moclobemide (Manerix)	insomnia, headache, dry mouth, blurred vision	meperidine, dextromethorphan (DM cough syrup), St. John's Wort
Serotonin Norepinephrine Reuptake Inhibitor (SNRI)	venlafaxine (Effexor, Effexor XR)	sedation, insomnia, headache, dry mouth, constipation, sweating, dizziness, nausea, sexual dysfunction, increased blood pressure	MAOI; alcohol can increase side effects; caffeine can increase anxiety/insomnia; use with caution in patients with high blood pressure
Norepinephrine Dopamine Reuptake Inhibitor (NDRI)	bupropion (Wellbutrin, Zyban)	jitteriness, insomnia, headaches, dry mouth, nausea	MAOI, stimulants; increased seizure risk in patients with epilepsy
Serotonin-2 antagonists/ Reuptake Inhibitors (SARI)	trazodone (Desyrel)	sedation, headache, nausea, dry mouth, blurred vision, constipation, orthostatic hypotension (blood pressure drops when rising from chair or bed), dizziness	use caution in combination with some benzodiazepines; alcohol can increase side effects; caffeine can increase anxiety/insomnia
Noradrenergic/Specific Serotonergic Antidepressant (NaSSA)	mirtazapine (Remeron)	sedation, fatigue, dry mouth, constipation, increased appetite, weight gain	MAOI; dosage adjustment required with carbamazepine, alcohol can increase side effects

* Tables revised January 2005 by Wendie Wood, R.Ph., B.A., B.S.P., B.C.P.P.

Psychiatric Medications Table II: Mood Stabilizers

Medication Name	Most Common Side Effects	Some Potential Drug Interactions
carbamazepine (Tegretal)	drowsiness, headache, tremor, blurred vision, nausea, weight gain, rash, photosensitivity, blood dyscrasias	can interact with several medications, therefore patient should always check with physician or pharmacist; alcohol can increase side effects
gabapentin (Neurontin)	drowsiness, dizziness, blurred vision, tiredness, weight gain	alcohol can increase side effects
lamotrigine (Lamictal)	dizziness, drowsiness, headache, nausea, vomiting, rash (can be serious - contact physician immediately)	must be used with caution with valproate (increased risk of serious rash); alcohol can increase side effects
lithium (Carbolith, Duralith, Lithane)	tremor, dizziness, confusion, nausea, rash, vomiting, sedation, weight gain; long term use can cause thyroid and kidney dysfunction	use caution in combination with diuretics ('water pills') and other medications to treat high blood pressure; ibuprofen can cause increased lithium level; alcohol and caffeine can increase side effects
oxcarbazepine (Trileptal)	headache, drowsiness, dizziness, ataxia, tiredness, and nausea	can interact with less medications than carbamazepine, but oral contraceptives may have decreased efficacy; alcohol can increase side effects
topiramate (Topamax)	nausea, tremor, drowsiness, dizziness, weight loss	oral contraceptives may have decreased efficacy; alcohol can increase side effects
valproic acid/divalproex (Depakene, Epival)	nausea, sedation, weight gain, hair loss, menstrual disturbances, elevated liver enzymes	interacts with several medications, therefore patient should always check with physician or pharmacist; alcohol can increase side effects

Treatment of bipolar disorder depends on the symptoms of the individual. Many 'mood stabilizers' have not 'officially' been approved for use in bipolar disorder, but are used frequently this way in clinical practice. Bipolar illness may also be treated with an anti-depressant along with a mood stabilizer. The second-generation anti-psychotics (see table IV) are also showing promise in acute mania and other phases of bipolar disorder, and may also be used with a mood stabilizer or alone.

Psychiatric Medications Table III: Anxiolytics (Anti-anxiety), Hypnotics and Sedatives

Types of Medications	Names of Medications Within Class Available in Canada	Most Common Side Effects	Some Potential Drug Interactions
Benzodiazepines (formerly known as Minor Tranquilizers)	alprazolam (Xanax), bromazepam (Lectopam), chlordiazepoxide (Librium), clonazepam (Rivotril), diazepam (Valium), flurazepam (Dalmane), lorazepam (Ativan), nitrazepam (Mogadon), oxazepam (Serax), temazepam (Restoril), triazolam (Halcion)	tolerance, dependence, withdrawal upon discontinuation, dizziness, sedation, confusion, memory impairment, impaired coordination	alcohol can increase side effects, especially drowsiness; use with caution in combination with other CNS (Central Nervous System) drugs - can cause increased sedation and other side effects
Miscellaneous	buspirone (Buspar); zopiclone (Imovane); zaleplon (Starnoc)	dizziness, sedation, confusion, bad taste in mouth (zopiclone); somewhat less likely to cause tolerance/dependence/withdrawal upon discontinuation than benzodiazepines, but can still happen	alcohol can increase side effects, especially drowsiness; use with caution in combination with other CNS (Central Nervous System) drugs - can cause increased sedation and other side effects

Pharmacologic treatment of anxiety and panic disorders can also include antidepressants, especially SSRIs. In fact, antidepressants are considered first line pharmacological agents to treat anxiety disorders (first line treatment is often non-pharmacological, such as Cognitive Behavioral Therapy, etc). A benzodiazepine may be used for the first few weeks while the antidepressant takes effect, and is then tapered and discontinued. Treatment of insomnia includes treating underlying disorders, such as depression or chronic pain, and education about proper sleep hygiene.

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Psychiatric Medications Table IV: Antipsychotics

Subtypes	Names of Medications Within Class Available in Canada	Most Common Side Effects	Some Potential Drug Interactions
First Generation (Typical, Conventional) Antipsychotics (formerly known as Major Tranquillizers)	chlorpromazine (Largactil), flupenthixol (Fluanxol), fluphenazine (Modecate), fluspirilene (IMAP), haloperidol (Haldol), loxapine (Loxapac), mesoridazine (Serentil), pericyazine (Neuleptil), perphenazine (Trilafon), pimozide (Orap), pipotiazine (Piportil), prochlorperazine (Stemetil), thioridazine (Mellari), thiothixene (Navane), trifluoperazine (Stelazine), zuclopenthixol (Clopixol)	sedation, Parkinson-like symptoms (tremor, muscle stiffness, uncoordinated spastic muscle movements, staggering gait, motor restlessness, pacing, loss of facial expression), hypotension, constipation, dizziness, weight gain, decreased sex drive, irregular heart beat, menstrual irregularities, tardive dyskinesia	alcohol can increase side effects; caffeine can increase anxiety and agitation; use with caution in combination with other CNS (Central Nervous System) drugs, which can increase side effects; always check with physician or pharmacist before taking other medications
Second Generation (Atypical, Novel) Antipsychotics	clozapine (Clozaril), olanzapine (Zyprexa, Zyprexa Zydis), quetiapine (Seroquel), risperidone (Risperdal, Risperdal M-TAB)	sedation, weight gain, impaired glucose tolerance/diabetes, sexual dysfunction are most common side effects, though risk varies from agent to agent; can also have same side effects as typical agents, but usually more likely at higher doses; clozapine can cause agranulocytosis (life-threatening low white blood cell count) in 1% of patients, therefore all clozapine patients must get weekly or biweekly blood monitoring	alcohol can increase side effects; caffeine can increase anxiety and agitation; use with caution in combination with other CNS (Central Nervous System) drugs, which can increase side effects; always check with physician or pharmacist before taking other medications

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