

QUICK REFERENCE TO PSYCHIATRIC 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	Sedation	ACH ¹	NE	Selective Action On Neurotransmitters ²		
Generic	Brand	Range				5-HT	DA	
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	
trazodone	Oleptro	150-400 mg	mid	none	0	++++	0	
nefazodone	Generic Only	100-300 mg	mid	none	0	+++	0	
fluoxetine	Prozac ³ , Sarafem	20-80 mg	low	none	0	+++++	0	
bupropion	Wellbutrin ³	150-400 mg	low	none	++	0	++	
sertraline	Zoloft	50-200 mg	low	none	0	+++++	+	
paroxetine	Paxil	20-50 mg	low	low	+	+++++	0	
venlafaxine	Effexor ³	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 ⁷	60-120 mg	low	low	+++++	0	0	
viloxazine	Qelbree ⁷	200-600 mg	low	low	+++++	+	+	
vortioxetine	Trintellix	10-20 mg	mid	none	0	+++++	+	
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	+++	+++	+++	
ATYPICAL ANTIDEPRESSANTS								
brexanolone	Zulresso	see footnote 4	see footnote 4	
esketamine	Spravato	see footnote 5	see footnote 5	
dextromethorphan + bupropion	Auvelity	see footnote 6	see footnote 6	

¹ACH: Anticholinergic Side Effects
²NE: Norepinephrine, 5-HT: Serotonin, DA: Dopamine (0 = no effect, + = minimal effect, +++ = moderate effect, ++++ = high effect)
³Available in standard formulation and time release (XR, XL or CR). Prozac available in 90mg time released/weekly formulation
⁴This medication is used to treat postpartum depression. It is administered IV over a period of 60 hours.
⁵This medication is used to treat severe, acute suicidal impulses and treatment resistant depression. It is administered via nasal spray and doses vary considerably.
⁶This medication is used to treat major depressive disorder. It contains 45mg of dextromethorphan and 105mg of bupropion extended-release.
⁷These medications are sometimes identified as antidepressants due to their mechanism of action, although they are used to treat ADHD.

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/ fluoxetine	Symbyax	6/25-12/50mg ³	(2)	lamotrigine	Lamictal	50-500	(2)
carbamazepine	Tegretol, Equetro	600-1600	4-10+	oxcarbazepine	Trileptal	1200-2400	(2)

Note: Many antipsychotic medications are used to treat various aspects of bipolar disorder (see page two for a list)

¹Lithium levels are expressed in mEq/l, carbamazepine and valproic acid levels express in mcg/ml.
²Serum monitoring may not be necessary ³Available in: 6/25, 6/50, 12/25, and 12/50mg formulations

PSYCHO-STIMULANTS

NAMES		
Generic	Brand	Daily Dosage ¹
methylphenidate ⁴	Ritalin	5-50 mg
methylphenidate ⁴	Concerta ²	18-54 mg
methylphenidate ⁴	Metadate	5-40 mg
methylphenidate ⁴	Methylin	10-60 mg
methylphenidate ⁴	Daytrana (patch)	15-30 mg
methylphenidate ⁴	Quillivant XR (liquid) ²	10-60 mg
dexmethylphenidate	Focalin	5-40 mg
dextroamphetamine	Dexedrine	5-40 mg
dextroamphetamine	Xelstrym ³	9-18 mg

PSYCHO-STIMULANTS

NAMES		
Generic	Brand	Daily Dosage ¹
lisdexamphetamine	Vyvanse	30-70 mg
d- and l-amphetamine	Adderall	5-40 mg
modafinil	Provigil, Sparlon	100-400 mg
armodafinil	Nuvigil	150-250 mg
amphetamine salts	Mydayis	12.5-50 mg
amphetamine sulfate	Adzenys	3.1-18.8 mg
amphetamine salts	Evekeo	5-40 mg

¹Note: Adult Doses. ²Sustained release ³Transdermal patch ⁴Note: Many brands have emerged recently. Included here are the most common.
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ANTIPSYCHOTICS

NAMES

Generic	Brand	Dosage Range ¹	Sedation	Ortho ²	EPS ³	Weight ⁴ Gain	Metabolic Side Effects ⁵	Equivalence ⁶
LOW POTENCY								
chlorpromazine	Thorazine	50-800 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	+++++	0/+	0/+	10 mg
haloperidol	Haldol	2-40 mg	low	low	+++++	0/+	++	2 mg
pimozide	Orap	1-10 mg	low	low	+++++	+ / 0	++	1-2 mg
risperidone	Risperdal	4-6 mg	low	mid	+	++	0/+	1-2 mg
paliperidone	Invega	3-12 mg	low	mid	+	++	0/+	1-2 mg
olanzapine	Zyprexa	5-20 mg	mid	low	+ / 0	+++++	+++++	1-2 mg
ziprasidone	Geodon	60-160 mg	low	mid	+ / 0	0/+	0/+	10 mg
iloperidone	Fanapt	12-24 mg	mid	mid	+	++	0/+	1-2 mg
asenapine	Saphris	10-20 mg	low	low	+	++	0/+	1-2 mg
lurasidone	Latuda	40-80 mg	mid	mid	+	0/+	0/+	10 mg
aripiprazole	Abilify	15-30 mg	low	low	++	0/+	0/+	2 mg
brexpiprazole	Rexulti	1-4 mg	low	low	+	0/+	0/+	1 mg
cariprazine	Vraylar	1.5-6 mg	low	low	+	+ / 0	0/+	1 mg
olanzapine + samidorphan	Lybalvi	5/10 - 20/10 mg	mid	low	+ / 0	+++	+++	1-2 mg
lumateperone	Caplyta	42 mg ⁷	mid	mid	+ / 0	+ / 0	0/+	10 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.

⁴Monitor BMI.

⁵Must monitor for blood lipids, fasting glucose, baseline at 12 weeks, and then at least annually.

⁶Dose required to achieve efficacy of 100 mg chlorpromazine.

⁷May need to be lowered in individuals taking a moderate-strong CYP3A4 inhibitor or in those with liver impairment.

Note: In recent times a number of second generation antipsychotics have been developed in injectable form for acute treatment and longer term prophylaxis. These are not mentioned in this quick reference. Many antipsychotic medications are approved for the treatment of various phases of bipolar disorder.

ANTI-ANXIETY

NAMES

Generic	Brand	Single Dose Dosage Range	Equivalence ¹
BENZODIAZEPINES			
diazepam	Valium	2-10 mg	5 mg
chlordiazepoxide	Librium	10-50 mg	25 mg
clonazepam	Klonopin	0.5-2.0 mg	0.25 mg
lorazepam	Ativan	0.5-2.0 mg	1 mg
alprazolam	Xanax	0.25-2.0 mg	0.5 mg
OTHER ANTIANXIETY AGENTS			
bupirone	BuSpar	5-30 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	
pregabalin	Lyrica	25-450 mg	
prazosin ²	Minipress	5-20 mg	
ANTI-OBSESSIONALS			
Clomipramine	Anafranil	150-300 mg	
All SSRIs			

¹Doses required to achieve efficacy of 5 mg of diazepam

²For treatment of nightmares and day time anxiety

HYPNOTICS

NAMES

Generic	Brand	Single Dose Dosage Range
temazepam	Restoril	15-30 mg
zolpidem	Ambien	5-10 mg
zolpidem	Ambien CR	6.25-12.5 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
suvorexant	Belsomra	15-40 mg
daridorexant	Quviviq	25-50 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 ³	400-800 mcg
L-methylfolate ^{3, 8}	7.5-15 mg
N-acetylcysteine ⁵	1200-2400 mg
Chamomile ⁶	200-1500 mg
5-HTP ³	300-600 mg
Melatonin ⁷	0.5-5 mg
Magnesium L-Threonate ⁷	500-2000 mg

¹Treats depression and anxiety

²May cause significant drug-drug interactions

³Treats depression

⁴Treats depression and bipolar disorder

⁵Note: also available as Deplin 1-methylfolate (prescription) 7.5-15 mg

⁶For trichotillomania

⁷Treats anxiety

⁸Treats sleep

REFERENCES and RECOMMENDED BOOKS

Quick Reference & Bipolar Medications • Free Books • Free Downloads

Website: www.PsyD-fx.com

*Handbook of Clinical
Psychopharmacology For Therapists*
(2021) Preston, O'Neal, Talaga and Moore

*Clinical Psychopharmacology Made
Ridiculously Simple 9th Edition*
(2021) Preston, Moore and Johnson

*Bipolar Medications
A Concise Guide*
(2019) Preston: Free Download