

# LITHIUM

There are lots of things to consider when taking lithium, and sometimes our Doctors don't cover everything. Below is a (*growing*) list of the top things you should keep in mind while taking this medication. This list is for Peer Support and is not from a Regulated Healthcare Provider. We encourage you to do your own research and speak to your Doctors about Lithium's short & long term side effects. If you aren't sure what to ask, you can use this list to start! Consider it a "Beginner's Guide" to Lithium!



## Things to keep in mind

### WHEN TAKING LITHIUM

- Too much water can dilute Lithium, too little water leaves you at risk for Lithium Toxicity
- Lithium Toxicity symptoms: Nausea, vomiting, delusion, confusion, lethargic, abdominal pains, weakness, tremors, mild ataxia, diarrhea, slurred speech. If experienced, please contact emergency services.
- Lithium can cause Gingivitis, please discuss with Dentist
- Lithium is not safe for pregnancy
- Discuss with your Doctor before taking antibiotics
- Discuss with your Doctor before anaesthetic is used
- Discuss over the counter pain relief with your Pharmacist (Advil / Tylenol etc)
- Manage caffeine intake
- Drink responsibly
- Have regular blood tests to test Lithium levels
- Lithium can cause hair loss
- Lithium can make you more sensitive to the sun
- Lithium can cause Thyroid Issues (regular blood tests!)
- Lithium can cause kidney concerns, monitor with Doctor
- Lithium can conflict with many medications and supplements, discuss with care team before introducing anything new
- Do not take magnesium
- Lithium is very sensitive, levels fluctuate easily! (water intake, salt intake, caffeine intake, weight fluctuations)



for more resources, please visit:

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please note:

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**THIS IS NOT A  
COMPREHENSIVE LIST.  
PLEASE DISCUSS WITH  
YOUR MEDICAL TEAM.**