

QUICK REFERENCE TO PSYCHOTROPIC MEDICATIONS®

DEVELOPED BY JOHN PRESTON, PSY.D., ABPP

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
protriptyline	Vivactil	15-40 mg	mid	mid	++++	+	0
trimipramine	Surmontil ³	100-300 mg	high	mid	++	++	0
doxepin	Sinequan, Adapin ³	150-300 mg	high	mid	++	+++	0
clomipramine	Anafranil	150-250 mg	high	high	0	+++++	0
maprotiline	Ludiomil	150-225 mg	high	mid	+++++	0	0
amoxapine	Asendin	150-400 mg	mid	low	+++	++	0
trazodone	Desyrel	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	10-60 mg	low	none	0	+++++	0
escitalopram	Lexapro	5-20 mg	low	none	0	+++++	0
duloxetine	Cymbalta	20-80 mg	low	none	++++	++++	0
atomoxetine	Strattera	60-120 mg	low	low	+++++	0	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/ fluoxetine	Symbyax	6/25-12/50mg ⁴	2	lamotrigine	Lamictal		50-500 (2)
carbamazepine	Tegretol, Equetro	600-1600	4-10+	topiramate	Topamax		50-300 (3)
oxcarbazepine	Trileptal	1200-2400	(2)	tiagabine	Gabitril		4-12 (3)

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	10-60 mg
escitalopram	Lexapro ¹	5-30 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
dexamethylphenidate	Focalin	5-40 mg
dextroamphetamine	Dexedrine	5-40 mg
lisdexamphetamine	Vyvanse	30-70 mg
pemoline	Cylert	37.5-112.5 mg
d- and l-amphetamine	Adderall	5-40 mg
modafinil	Provigil, Sparlon	100-400 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
mesoridazine	Serentil	50-500 mg	high	mid	+	+++++	50 mg
quetiapine	Seroquel	150-600 mg	mid	mid	+/-	+	50 mg
HIGH POTENCY							
molindone	Moban	20-225 mg	low	mid	+++	+++	10 mg
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	+	+	1-2mg
olanzapine	Zyprexa	5-20 mg	mid	low	+/-	+	1-2 mg
ziprasidone	Geodon	60-160 mg	low	mid	+/-	++	10 mg
iloperidone	Fanapt	12-24 mg	mid	mid	+	++	1-2mg
asenapine	Saphris	10-20 mg	low	low	+	+	1-2mg
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
prazepam	Centrax	5-30 mg	10 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
oxazepam	Serax	10-30 mg	15 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	0.5-3 mg	
clonidine	Catapres	0.1-0.3 mg	
prazosin	Minipress	5-20 mg	

¹Doses required to achieve efficacy of 5 mg of diazepam

HYPNOTICS

NAMES		Single Dose Dosage Range
Generic	Brand	
flurazepam	Dalmane	15-30 mg
temazepam	Restoril	15-30 mg
triazolam	Halcion	0.25-0.5 mg
estazolam	ProSom	1.0-2.0 mg
quazepam	Doral	7.5-15 mg
zolpidem	Ambien	5-10 mg
zaleplon	Sonata	5-10 mg
eszopiclone	Lunesta	1-3 mg
ramelteon	Rozerem	4-16 mg
diphenhydramine	Benadryl	25-100 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	1-9 g

¹Treats depression and anxiety
²May cause significant drug-drug interactions
³Treats depression
⁴Treats depression and bipolar disorder

REFERENCES and RECOMMENDED BOOKS

Quick Reference • Free Downloads
 Website: www.PsyD-fx.com

Handbook of Clinical Psychopharmacology For Therapists (2010) Preston, O'Neal and Talaga

Clinical Psychopharmacology Made Ridiculously Simple 6th Edition (2010) 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