

Resources for Sudbury are proudly managed by the Child and Family Centre (CFC).



Medication Table: Bipolar Medications (Mood Stabilizers)

Mood Stabilizers

Medication	Forms	Dose (Start, Initial Target, Max)	Comments
Lamotrigine (Lamictal)	Tablets 25, 100, 150, 200 mg	Adolescent/adults: Week 1,2: 25 mg morn Week 3,4: 50 mg morn Week 5: 50 mg morn + 50 mg qhs Week 6: 75 mg morn + 75 mg qhs Week 7: 100 mg morn + 100 mg qhs Usual target range is 225-375 mg daily, in two divided dosages.	Side effects: nausea (7-14%) Warnings: Stop immediately if rash is seen (including Stevens Johnson syndrome with mouth ulcers). Higher risk if taking adjunctive divalproex. Seen in <0.8% of pediatric patients and <0.3% of adult patients.
Divalproex (Epival)	Enteric coated tablet: 125, 250, 500 mg	Adult: Start 20 mg/kg/day for mania, and increase dosage by 30-50% every 2-3 days; OR Start 500-750 mg/day, increase by 250-500 mg q1-3 days to reach therapeutic effect. Target 1,000-3,000 mg / day. Usually given twice daily, but may be given as single bedtime dosage. Therapeutic blood level is 50-125 mcg/mL. Max 60 mg/kg/day Monitoring in short-term (first few months): Serum level q1-2 weeks CBC / liver function monthly Monitoring in long-term Serum level q3-6 months CBC / liver function q6-12 months	Side effects: tremor, sedation, diarrhea, nausea, weight gain, hair loss, mild elevation of liver enzymes.

Lithium	Lithium carbonate capsules 150,300,600 mg Lithium carbonate controlled release 300, 450 mg	Adult: Start at 900 / day; increase by 300-600 mg every 2-3 days as tolerated. Target dosage 900-1,800 mg per day; may give 1,200 mg qhs otherwise, twice-daily dosing. Therapeutic blood level: 0.8-1.5 mEq/L. Monitoring in short-term (first few months) Serum level q 1-weeks Monitoring in long-term Serum level q 3-6 months Thyroid function yearly Renal function q 6-12 months	Side effects: Thirst, polyuria, cognitive complaints, tremors, weight gain, sedation, hypothyroidism. Adverse effects: Watch for dehydration.
Carbamazepine (Tegretol)	Chewable tablet: 100,200 mg Long acting (LA) controlled release (CR) tablet: 200,400 mg Liquid 100 mg/5 ML	Adult: Start at 200-400 mg daily; increase by 200 mg daily every 2-4 days Target 400-1,200 mg daily; usually given twice-daily though sometimes given as single bedtime dosage. Monitoring in short-term (first few months) Serum level q 1-2 weeks; CBC / liver enzymes monthly	Side effects: Headache, nystagmus, ataxia, sedation, rash.
Topiramate (Topamax)	Sprinkle capsule: 15,25 mg Tablet: 25,100,200 mg (Canada)	Age 2-9: Dose by weight Up to 11 kg: Target 150 mg / day; max 250 mg day Dosages for seizures Usual titration schedule for age 10+ including adults Week 1: 25 mg morn + 25 mg evening Week 2: 50 mg morn + 25 mg evening Week 3: 75 mg morn + 75 mg evening Week 4: 100 mg morn + 100 mg evening Week 5: 150 mg morn + 150 mg evening Week 5: 200 mg morn + 200 mg evening Max 200 mg morn + 200 mg evening; higher dosages not shown to improve seizure symptoms in adults. Age 2-9: Note the following max dosages 11-22 kg: Target 100 mg bid; max 150 mg bid 23-31 kg: Target 100 mg bid; max 175 mg bid 32-38 kg: Target 125 mg bid; max 175 mg bid >38 kg: Target 125 mg bid; max 200 mg bid	Side effects: Blurred vision. burning, prickling, or tingling sensations. clumsiness or unsteadiness; nystagmus; drowsiness; cognitive slowing.