

PSYCHOTHERAPEUTIC MEDICATIONS 2002

What Every Counselor Should Know

MID-AMERICA ADDICTION TECHNOLOGY TRANSFER CENTERⁱ

(www.mattc.org)

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NOTE TO PRACTITIONERS:

Name brand medications have a limited patent. When the patent expires the medication may be made as a generic. The generic name of a medication is the ***actual name of the drug and never changes***. Do not be surprised to see a generic drug made by many different manufacturers.

Manufacturers can make many forms of a single drug with only slight variations. Several drugs have been made in an extended release form (CR, ER, SR, and XR). Extended release drugs act over a long period of time and do not have to be dosed as often.

A new formulation for drugs is a quick dissolving tablet that can be taken without water. These new drugs quickly dissolve in the mouth. Two patent drugs that have been formulated as quick dissolving tablets are Remeron SolTab and Zyprexa Zydis.

ANTIPSYCHOTICS/NEUROLEPTICS

PURPOSE

Antipsychotics are most typically used for persons who experience psychotic symptoms as a result of having some form of schizophrenia, severe depression or bipolar illness. They may be used to treat brief psychotic episodes caused by drugs of abuse or other conditions. Psychotic symptoms may include being out of touch with reality, "hearing voices," and having untrue ideas (e.g., thinking you are a famous person, thinking some one is out to hurt you). These medications work against the symptoms to stop them or make them milder. In some cases these medications can shorten the course of the illness or prevent it's happening again.

MEDICATION NAMES

Traditional antipsychotics

GENERIC	BRAND
chlorpromazine	Thorazine, Largactil
fluphenazine	Prolixen+, Permitil
haloperidol	Haldol
loxapine	Loxitane, Daxolin
mesoridazine	Serentil
molindone	Moban, Lindone
perphenazine	Trilafon
pimozide	Orap
thioridazine	Mellaril
thiothixene	Navane
trifluoperazine	Stelazine

Novel antipsychotics

clozapine	Clozaril+
olanzapine	Zyprexa, Zyprexa Zydys
quetiapine	Seroquel
risperidone	Risperdal
ziprasidone	Geodon*

+ -- can cause a serious side effect in the blood system; must have a blood test every two weeks to monitor potential side effect

- -- FDA approved 2/12/01 and launched 3/01; can cause heart conduction irregularities

USUAL DOSE & FREQUENCY

All drugs have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. How much medicine and how often to take it are specified on the prescription bottle. Many medications are taken once a day, some at bedtime to reduce the sleepiness side effects. Some medications are taken in pill form or liquid form. Others medications are given by injection once or twice per month to insure that the medication is taken reliably.

It is important to take medications on schedule. It is important that the person talks to their doctor so that they know about side effects of medications and what they need to do to monitor their health. Prolifen, like other medications marked with +, can cause a serious side effects in the blood system called blood dyscrasias. Persons taking any medications with an + may need to have blood tests on a regular basis to check for these blood disorders.

Atypical antipsychotics like Clozaril, Risperdal and Zyprexa are different from traditional antipsychotics. These drugs are more powerful with treatment-resistant schizophrenia but may also be used with severe depression or other psychiatric illness. Because the atypical antipsychotics work in a slightly different way than traditional antipsychotics they have different side effects and are less likely to produce serious side effects. Persons taking Clozaril must have a blood test **every two weeks** in order to monitor for a potential side effect, agranulocytosis, a serious blood disorder. Risperdal, Seroquel and Zyprexa, when taken in low dosage, have fewer clinical side effects than traditional antipsychotics.

POTENTIAL SIDE EFFECTS

Tardive Dyskinesia

- Involuntary movements of the tongue or mouth
- Jerky, purposeless movements of legs, arms or entire body
- Usually seen with long-term treatment using traditional antipsychotic medications, sometimes seen with atypical antipsychotic medications
- More often seen in women
- Risk increases with age and length of time on the medication
-

Neuroleptic Malignant syndrome

- Blood pressure up and down
- Dazed and confused
- Difficulty breathing
- Muscle stiffness
- Rapid heart rate
- Sweating and shakiness
- Temperature above normal

Other

- Blurred vision
- Changes in sexual functioning
- Constipation
- Diminished enthusiasm
- Dizziness
- Drowsiness
- Dry mouth

- Lowered blood pressure
- Muscle rigidity
- Nasal congestion
- Restlessness
- Sensitivity to bright light
- Slowed heart rate
- Slurred speech
- Upset stomach
- Weight gain

Note: Any side effects that bother a person need to be reported to the physician and discussed with him or her. Anticholinergic/antiparkinsonian medications like Cogentin, Artane may be prescribed in order to control movement difficulties associated with the use of antipsychotic medications.

EMERGENCY CONDITION(S)

Contact physician and/or seek emergency medical assistance if person is experiences involuntary muscle movements, painful muscle spasms, difficulty in urinating, eye pain, skin rash or the symptoms noted under Neuroleptic Malignant syndrome and Tardive Dyskinesia.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken including over-the-counter preparations.
- Persons taking antipsychotic drugs should not increase their dose unless this has been **checked with their physician and a change is ordered.**
- If a woman thinks she may be or might get pregnant, she must talk with her doctor about the safety of this medication before starting or continuing the treatment.

ANTIMANIC MEDICATIONS

PURPOSE

Antimanic drugs are used to control the mood swings of bipolar (manic-depressive) illness. The medications even out the mood swings so that the patient operates in a moderate zone of mood. The medications, while moderating the mood swings, decrease some of the suicidal and other self-harm behaviors seen with bipolar disorders. Bipolar illness is characterized by cycling mood changes from severe highs (mania) to severe lows (depression). Cycles of mood may be predominantly manic or depressive with normal moods between cycles. The “highs” and “lows” vary in intensity, frequency and severity. Mania, if left untreated, may worsen into a psychotic state. The depression may result in thoughts of suicide.

MEDICATION NAMES

GENERIC	BRAND
<i>Lithium products</i>	
lithium carbonate	Eskalith, Eskalith CR, Lithane
Lithobid, Lithonate, Lithotabs	
lithium citrate	Cibalith
<i>Anticonvulsant products</i>	
carbamazepine	Tegretol
divalproex sodium	Depakote, Depakote Sprinkle, Depakote ER
gabapentin	Neurontin
lamotrigine	Lamictal
levetiracetam	Keppra
oxcarbazepine	Trileptal
topiramate	Topamax, Topamax Sprinkle
valproate sodium	Depakene, Depacon
valproic acid	Depakene
<i>Other</i>	
olanzapine	Zyprexa (see antipsychotics for side effects)

USUAL DOSE & FREQUENCY

All drugs have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. How much medicine and how often to take it are specified on the prescription bottle. Most medications in this class are given two to four times per day. Some extended release formulations may be given every 12 hours. Dosage is determined by the active amount of the drug found in the person's blood after taking the medication and by their response to the medication. Expect a check of monthly blood levels until the person is well established at their optimal dose.

POTENTIAL SIDE EFFECTS

- Blurred vision
- Coma *
- Diarrhea*
- Drowsiness
- Fatigue
- Hand tremor *
- Increased thirst and urination*
- Inflammation of the pancreas
- Irregular heart beats
- Kidney damage*
- Liver inflammation (hepatitis)
- Nausea or vomiting
- Problems with the blood (both red and white blood cells)
- Rash and skin changes

- Seizures
- Under or overactive thyroid*
- Weakness
- Weight gain

*primarily with lithium products

Note: Persons taking lithium may require more fluids than they did before taking lithium. Too much fluid in a person's diet can "wash" the lithium out of their system. Too little fluid can allow the lithium to concentrate in their system. Persons taking any antimanic drugs should have blood levels tested regularly to check the concentration level of the drug in their body.

EMERGENCY CONDITION(S)

Lithium overdose is a life-threatening emergency. Signs of lithium toxicity may include nausea, vomiting, diarrhea, drowsiness, mental dullness, slurred speech, confusion, dizziness, muscle twitching, irregular heartbeat and blurred vision.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken including over-the-counter preparations.
- Persons taking antimanic drugs should not increase their dose unless this has been **checked with their physician and a change is ordered.**
- Take medications as ordered and at the prescribed times.
- Persons taking antimanic drugs should not use alcohol or street drugs.
- Lithium can cause birth defects in the first three months of pregnancy.
- Thyroid function must be monitored if a person takes lithium.
- Heavy sweating or use of products that cause excessive urination (i.e., coffee, tea and some high caffeine sodas) can lower the level of lithium in the blood.
- Blood tests for drug levels need to be checked every one to two months.
- If a woman thinks she may be or might get pregnant, she must talk with her doctor about the safety of this medication before starting or continuing the treatment.

ANTIDEPRESSANT MEDICATIONS

PURPOSE

Antidepressant medications are used for moderate to serious depressions, but they can also be very helpful for milder depressions such as dysthymia. Most antidepressants must be taken for a period of three to four weeks to reduce or take away the symptoms of depression. Antidepressants are used for a minimum period of nine to twelve months before being discontinued.

MEDICATION NAMES

GENERIC

BRAND

Monoamine Oxidase (MAO) Inhibitors

isocarboxazid

Marplan

phenelzine

Nardil

tranylcypromine

Parnate

Tricyclics & quatracyclics

amitriptyline

Elavil

amoxapine

Asendin

clomipramine

Anafranil

desipramine

Nopramin, Pertofrane

doxepin

Sinequan

imipramine

Tofranil

maprotilin

Ludimil

nortriptyline

Pamelor

protriptyline

Vivactil

SSRIs - Selective Serotonin Reuptake Inhibitors

citalopram

Celexa

fluoxetine

Prozac, Prozac Weekly, Serafem

fluvoxamine

Luvox

paroxetine

Paxil, Paxil CR

sertraline

Zoloft

Others

bupropion

Wellbutrin

mirtazepine

Remeron, Remeron SolTab

nefazodone

Serzone

trazodone

Desyrel

venlafaxine

Effexor, Effexor ER

Types of Antidepressants

Tricyclic and quatracyclic antidepressants (named for their chemical structures) are more commonly used for treatment of major depressions than are the monoamine oxidase (MAO) inhibitors. MAO inhibitors are used for "atypical depressions" which produce symptoms like oversleeping, anxiety or panic attacks, and phobias. MAO inhibitors may also be used when a person does not respond to other antidepressants. MAO inhibitors, tricyclics and quatracyclics keep norepinephrine and serotonin at the right level to reduce the symptoms of depression. The most frequently used class of antidepressants is the Selective Serotonin Reuptake Inhibitors (SSRIs). The SSRIs work to keep serotonin at the right level to reduce symptoms of depression. Prozac Weekly is an extended release formula of Prozac that can be dosed once per week. Serafem is (fluoxetine) under another label used for treatment of Premenstrual Dysphoric Disorder. Other new antidepressants work on both the serotonin and norepinephrine levels (Effexor, Serzone, Remeron, and Desyrel). Wellbutrin is an antidepressant unrelated to other antidepressants. Wellbutrin has more effect on norepinephrine and dopamine levels than on serotonin levels in the brain.

USUAL DOSE & FREQUENCY

All drugs have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. How much medicine and how often to take it are specified on the prescription bottle. Several factors are considered before an antidepressant is prescribed: the type of drug, the person's individual body chemistry, weight, and age. Persons are usually started on a low dose and the dosage is slowly raised till the optimal effects are reached without the appearance of troublesome side effects.

POTENTIAL SIDE EFFECTS

MAO Inhibitors

- Blood cell problems (both white and red cells)
- Dizziness when changing position
- Fluid retention
- Headache
- High blood pressure crisis
- Insomnia
- Lack of appetite
- Rapid heart beat

Tricyclics and quatracyclics

- Allergic reactions
- Blood cell problems (both white and red cells)
- Blurred vision
- Change in sexual desire
- Changes in heartbeat and rhythm
- Constipation
- Decrease in sexual ability
- Difficulty with urination
- Dizziness when changing position
- Dry mouth
- Fatigue
- Heart block
- Increased sweating
- Kidney failure (with Asendin)
- Muscle twitches
- Neuroleptic Malignant syndrome (with Asendin)
- Seizures
- Stroke
- Weakness
- Weight gain

SSRIs

- Anxiety, agitation or nervousness
- Change in sexual desire
- Confusion
- Decrease in sexual ability

- Diarrhea or loose stools
- Dizziness
- Dry mouth
- Headache
- Heart rhythm changes
- Increased sweating
- Insomnia or sleepiness
- Lack or increase of appetite
- Shakiness
- Stomach upset
- Taste disturbances (with Wellbutrin)
- Weight loss or gain

EMERGENCY CONDITIONS

An overdose of any of the MAO inhibitors, tricyclic, quatracyclics or other antidepressants is serious and potentially life threatening and it ***must be reported to a physician immediately***. While the potential for a fatal outcome is less with the SSRIs, the idea that a person has attempted suicide should be dealt with as an emergency situation that needs immediate intervention.

Symptoms of tricyclic and quatracyclic overdose may include rapid heartbeat, dilated pupils, flushed face, agitation, loss of consciousness, seizures, irregular heart rhythm, heart and breathing stopping, and death.

CAUTION(S)

- Doctors and pharmacists should be told about all medications being taken including over-the-counter preparations.
- Persons taking antidepressant drugs should not increase their dose unless this has been ***checked with their physician and a change is ordered***.
- Take medications as ordered and at the prescribed times.
- Persons taking MAO inhibitors must avoid all foods with high levels of tryptophan or tyramine (aged cheese, wine, beer, chicken liver, chocolate, bananas, soy sauce, meat tenderizers, salami, bologna, and pickled fish. High levels of caffeine must also be avoided. If eaten, these foods may react with the MAO inhibitors to shoot blood pressure up to dangerous levels.
- There are many drug interactions with the MAO inhibitors. Do not take any other medication. Even a simple over-the-counter cold medication can cause lifethreatening side effects.
- Check all medications with a physician or pharmacist before taking if you are using MAO inhibitor antidepressants.
- Persons taking antidepressant drugs should not use alcohol or street drugs.
- If there is little to no change after three to four weeks, talk to the doctor about raising the dose or changing the antidepressant.
- Treatment with antidepressants usually lasts a minimum nine to twelve months. Many patients are on long-term antidepressant therapy to avoid the frequency and severity of depressive episodes.
- If a woman thinks she may be or might get pregnant, she must talk with her doctor about the safety of this medication before starting or continuing the treatment.

ANTIANXIETY MEDICATIONS

PURPOSE

Antianxiety medications are used to help calm and relax the anxious person as well as remove troubling symptoms associated with generalized anxiety disorder, post traumatic stress disorder, panic, phobia, and obsessive compulsive disorders. The most common anxiety medications are the benzodiazepines. Benzodiazepines have a depressant effect on the central nervous system and are relatively fast acting. Miltown is a nonbenzodiazepine but works very much like one to quickly calm anxiety.

Beta-blockers work on the central nervous system to reduce the flight/fight response. Inderal is generally used, only occasionally, for performance anxiety. Inderal is nonaddictive.

BuSpar works through the serotonin system to induce calm. BuSpar takes three to four weeks to get into the brain to successfully combat anxiety. Atarax and Vistaril are antihistamines that use the drowsiness side effect of the antihistamine group to calm and relax. Vistaril and Atarax work within an hour of being taken and, like BuSpar are not addictive.

GENERIC & BRAND NAMES

GENERIC

BRAND

Benzodiazepines

alprazolam
chlordiazepoxide
clonazepam
clorazepate
diazepam
lorazepam
oxazepam

Xanax
Librium, Libritabs, Librax
Klonopin
Tranxene
Valium
Ativan
Serax

Beta-blockers

propranolol

Inderal

Other

bupirone
hydroxazine embonate
hydroxazine pamoate
meprobamate

BuSpar
Atarax
Vistaril
Miltown

USUAL DOSE & FREQUENCY

All drugs have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. How much medicine and how often to take it are specified on the prescription bottle. Inderal is taken as needed for performance anxiety or regularly if it is being used for treatment of a heart condition. All other antianxiety medications are usually given two to three times per day. Persons are usually started on a low dose of medication and it is raised gradually over time until symptoms are removed or diminished. Major factors considered in establishing the correct dose are individual body chemistry, weight and ability to tolerate the medication.

With benzodiazepines there is a potential to develop tolerance and dependence. Benzodiazepines have a high potential for abuse. Withdrawal occurs whenever regular use of benzodiazepines is abruptly stopped. Withdrawal from regular use of benzodiazepines may be a life-threatening situation. For these reasons benzodiazepines are usually prescribed for brief periods of time – days or weeks – and sometimes intermittently for stressful situations or anxiety attacks. Ongoing continuous use of benzodiazepines is not usually recommended for most people.

Beta-blockers act on the sympathetic nervous system and are not considered addictive. These medications may enhance the effects of other psychotropic medications.

BuSpar is often used regularly for control of anxiety and is considered safe for long-term therapy.

Vistaril and Atarax are used as safe non-addictive medications to reduce anxiety. They may be used for longer-term therapy. They will enhance the sedative effect of other drugs that cause drowsiness.

POTENTIAL SIDE EFFECTS

- Blood cell irregularities
- Constipation
- Depression
- Drowsiness or lightheadedness
- Dry mouth
- Fatigue
- Heart collapse
- Irregular heart beat (Miltown)
- Loss of coordination
- Memory impairment (Inderal)
- Mental slowing or confusion
- Slowed heart beat (Valium)
- Stomach upset
- Suppressed breathing
- Weight gain

EMERGENCY CONDITION(S)

High doses of Valium can cause slowed heartbeat, suppression of breathing and heart stoppage.

Withdrawal from regular use of any of the benzodiazepines and similar medications must be done slowly over a month 's time. Abrupt withdrawal from these drugs can cause hallucinations, delusions, and delirium, disorientation, and difficulty breathing, hyperactivity and grand mal seizures. Detoxification regimens may be appropriate in cases of withdrawal.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken including over-the-counter preparations.
- Persons taking antianxiety drugs should not increase their dose unless this has been **checked with their physician and a change is ordered.**
- Persons should not discontinue use of these medications without talking to a doctor.
- Persons taking antianxiety medication should not use alcohol or street drugs.
- Using alcohol in combination with benzodiazepines may result in breathing failure and sudden death.
- If a woman thinks she may be or might get pregnant she must talk with her doctor about the safety of this medication before starting or continuing the treatment.

STIMULANT MEDICATIONS

PURPOSE

Used to treat Attention Deficit/Hyperactivity Disorder (ADHD) typically diagnosed in childhood but also occurring in adults. ADHD exhibits with short attention span, excessive activity, impulsivity, and emotional development below that expected for age. Other conditions that may be treated with stimulants are narcolepsy, obesity and sometimes depression.

GENERIC & BRAND NAMES

GENERIC

d-amphetamine
l & d-amphetamine
methamphetamine
methylphenidate

modafinil
pemoline

BRAND

Dexedrine
Adderall
Desoxyn
Ritalin, Ritalin SR, Concerta,
Metadate ER, Methylin ER
Provigil
Cylert

USUAL DOSE & FREQUENCY

All drugs have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. How much medicine and how often to take it are specified on the prescription bottle. With stimulants there may be periods when the medication is not to be taken.

POTENTIAL SIDE EFFECTS

- Blood disorders (Ritalin & Cylert)
- Change in heart rhythm
- Delayed growth
- Dilated pupils
- Elevated blood pressure
- Euphoria
- Excitability
- Increased pulse rate
- Insomnia
- Irritability
- Liver damage (Cylert)
- Loss of appetite
- Rash
- Seizures (Ritalin & Cylert)
- Tourette's syndrome (Cylert)
- Tremor

Note: Persons taking these medications need to be monitored closely for tolerance and dependence. Persons with ADHD taking these medications generally report that they feel “normal” when taking stimulants. ADHD patients note increased concentration, focus and ability to stay on task and behave appropriately when taking the medications.

EMERGENCY CONDITION(S)

Psychiatric symptoms including paranoid delusions, thought disorder, and hallucinations have been reported with prolonged use or when taken at high dosages. Overdose with stimulants is a medical emergency. Seek help immediately.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken including over-the-counter preparations.
- Persons taking stimulant drugs should not increase their dose unless this has been **checked with their physician and a change is ordered.**
- Persons taking stimulants medications should not use alcohol or street drugs.
- With stimulants, there is the potential for development of tolerance and dependence on the medications with accompanying withdrawal. The potential for abuse and misuse is high.
- If a person thinks she may be or might get pregnant, she must talk with her doctor about the safety of this medication before starting or continuing the treatment.

NARCOTIC AND OPIOID ANALGESICS

PURPOSE

Some of these drugs are used to control acute pain that is moderate to severe. They are normally used only for acute pain – and for a short time – because they could become addictive. An exception is using opioids to alleviate the chronic pain associated with cancer where addiction is not a concern.

Methadone is a synthetic opioid used in heroin detoxification programs and to maintain sobriety from heroin addiction. Many people who have been addicted to heroin have returned to a productive life because of maintenance methadone programs. Methadone is also occasionally used to provide relief for specific types of pain. Heroin is a drug of abuse.

Natural opioids

- Opium, morphine and codeine products.

Pure, semi or totally synthetic derivatives

- Heroin, Percodan, Demerol, Darvon, oxycodone and others.

GENERIC & BRAND NAMES

GENERIC

butorphanol tartarate
codeine phosphate
codeine sulfate
dihydromorphone hydrochloride
fentanyl transdermal
fentanyl transmucosal
hypromorphone hydrochloride
meperidine hydrochloride
methadone hydrochloride
morphine hydrochloride
morphine sulfate
oxycodone hydrochloride
oxymorphone hydrochloride
pentazocine hydrochloride
propoxyphene hydrochloride
propoxyphene napsylate
tramadol hydrochloride

BRAND

Stadol spray
Codeine tablets
Codeine tablets
Dilaudid-5, Dilaudid HP
Duragesic patches
Fentanyl, Oraley
Dilaudid
Demerol
Methadone
Morphine
Oramorph, Roxanol, Statex
Roxicodone
Numorphan
Talwin
Darvon
Darvon-N
Ultram

The following products use a combination of an opioid or narcotic along with aspirin, Tylenol or other pain reliever to treat mild to moderate pain.

Anesxia 5/50
Capital with Codeine
Darvocet N 100
Darvocet N 50
E-Lor or Wygesic
Empirin or Phenaphen with Codeine #3

Empirin or Phenaphen with Codeine #4
Endocet, Percocet or Roxicet
Fioricet with Codeine
Fiorinal with Codeine
Lorcet Plus
Lortab
Percodan
Roxicet
Roxicet oral solution (contains alcohol)
Roxiprin
Talacen
Talwin Compound
Tylenol with Codeine
Tylenol with Codeine syrup (contains alcohol)
Tylox
Vicodin
Vicodin ES

USUAL DOSE AND FREQUENCY

All drugs have specific doses and frequencies. A doctor will specify the exact amount of medication and when a person should take it. How much medicine and how often to take it are always specified on your prescription bottle. Many medications are taken two or more times a day. Some medications are taken in pill form or liquid form. A few are taken in a nasal spray or as transdermal patches. Injectable narcotics are not listed here because they are not often used outside a hospital setting. There are many nonaddictive pain medications (medications that pose no risk for addiction) available for pain management that can be used after acute pain is reduced.

POTENTIAL SIDE EFFECTS

- Constipation
- Decreased ability to see clearly
- Decreased ability to think clearly
- Flushing & sweating
- Pupil constriction
- Respiratory depression
- Stomach upset
- Tolerance

EMERGENCY CONDITION(S)

- Convulsions and/or cardiac arrest with high dosages.
- Overdose may increase pulse rate, result in convulsions followed by coma or death.
- Overdose may depress the breathing centers in the brain leading to lack of ability to breathe.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken including over-the-counter preparations.
- Persons taking opioid drugs should not increase their dose unless this has been ***checked with their physician and a change is ordered.***
- Persons taking an opioid medication should not use alcohol or other illegal street drugs because they can increase the sedation effects of the opioids.
- With opioid medications there is a potential for the development of tolerance and dependence as well as the possibility of abuse and severe withdrawal reactions.
- If a woman thinks she may be or might get pregnant, she must talk with her doctor about the safety of this medication before starting or continuing the treatment.

ANTIPARKINSONIAN MEDICATIONS

PURPOSE

These medications are used to counteract the side effects of the antipsychotic drugs. They are called antiparkinsonian because the neurological side effects of the antipsychotic medications act similar to the symptoms of Parkinson's disease.

GENERIC & BRAND NAMES

GENERIC	BRAND
amantadine hydrochloride	Symmetrel, Symadine
benztropine maleate	Cogentin
diphenhydramine hydrochloride	Benadryl
trihexyphenidyl hydrochloride	Artane

USUAL DOSE & FREQUENCY

The amount of the medication and the correct times to take it are labeled on the prescription bottle. These medications have very specific doses and too much can be harmful. As with all medications, a doctor must be consulted in order to safely change the dose in response to side-effect-symptoms of the antipsychotic medications.

POTENTIAL SIDE EFFECTS

- Constipation
- Dizziness
- Dry mouth
- Heart failure
- Irritability
- Light-headedness
- Stomach upset
- Tiredness

EMERGENCY SITUATION(S)

Report any overdose, changes in heart rate or rhythm to the doctor immediately.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken including over-the-counter preparations.
- Persons taking antiparkinsonian drugs should not increase their dose unless this has been **checked with their physician and a change is ordered.**
- If a woman thinks she may be or might get pregnant, she must talk with her doctor about the safety of this medication before starting or continuing the treatment.

HYPNOTICS

PURPOSE

Hypnotics are used to help a person with sleep disturbances get restful sleep. Lack of sleep is one of the greatest problems faced by persons with chemical dependency and psychiatric illnesses. It causes the symptoms of psychiatric and chemical dependency disorders to worsen. For example, mood changes and irritability increase with lack of sleep.

GENERIC & BRAND NAMES

GENERIC	BRAND
Barbiturates	
secobarbital	Seconal
Benzodiazepines	
estazolam	ProSom
flurazepam	Dalmane
temazepam	Restoril
triazolam	Halcion
Non-benzodiazepine	
zaleplon	Sonata
zolpidem	Ambien

USUAL DOSE & FREQUENCY

All drugs have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. How much medicine and how often to take it are specified on the prescription bottle. All of these medications are generally used for limited periods (three to four days for barbiturates or up to a month for others). All of these medications quickly develop tolerance and eventually the usual dose will no longer help the person to sleep.

POTENTIAL SIDE EFFECTS

- Breathing difficulty (Secobarbital)

- Dizziness
- Drowsiness
- Hangover or daytime sleepiness
- Headache
- Lethargy
- Weakness

Note: There are many drawbacks to long-term use of hypnotics (sleeping pills). Newer non-addictive medications are now available.

EMERGENCY CONDITION(S)

- Overdose with any of these medications can be life threatening. Seek help immediately in the event of an overdose.
- Combinations of alcohol and barbiturates or alcohol and benzodiazepines can be deadly.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken including over-the-counter preparations.
- Persons taking hypnotic drugs should not increase their dose unless this has been **checked with their physician and a change is ordered.**
- Persons taking hypnotic medications should not use alcohol or street drugs.
- With hypnotics, there is the potential for development of tolerance and dependence on the medications with accompanying withdrawal. The potential for abuse and misuse is high.
- If a woman thinks she may be or might get pregnant, she must talk with her doctor about the safety of this medication before starting or continuing the treatment.

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