



ADULT MEDICATION GUIDELINE

**LITHIUM**



This document should be read in conjunction with this [DISCLAIMER](#)

[Formulary: Unrestricted](#)

**HIGH RISK Medication** 

<p><b>Presentation</b></p>	<ul style="list-style-type: none"> <li>• Tablet: 250mg</li> <li>• Tablet (Modified Release): 450mg</li> <li>• Oral Liquid (as citrate): 250mg/50mL</li> </ul>
<p><b>Storage</b></p>	<p>Store at room temperature, below 25°C</p>
<p><b>Dose</b></p>	<p><b><u>Prevention of manic or depressive episodes in bipolar disorder:</u></b></p> <p><b>Oral:</b> 250mg to 1000mg daily in divided doses*#</p> <p><b><u>Treatment of acute mania:</u></b></p> <p><b>Oral:</b> Initially 750mg to 1000mg daily in divided dose, increase dose by 250mg to 500mg daily if necessary*#</p> <p>*Adjust according to serum concentration #every 12 hours if using modified release tablets</p>
<p><b>Administration</b></p>	<p><b><u>Oral</u></b></p> <p><b>Tablet (Immediate Release):</b> Take with food</p> <p><b>Tablet (Modified Release):</b> Do not break, crush or chew, and avoid taking with hot drinks</p> <ul style="list-style-type: none"> <li>• Maintain a normal diet with regular salt and fluid intake</li> <li>• Co-administration with sodium bicarbonate containing products (e.g. Ural®, Citravescent®) makes lithium less effective</li> <li>• Lithium interacts with a number of medications including NSAIDs, increasing risk of lithium toxicity. Consult your ward pharmacist.</li> </ul>
<p><b>Pregnancy</b></p>	<p>Consult a perinatal psychiatrist</p>

	or contact a Pregnancy and Breastfeeding Medicine Information Centre
<b>Breastfeeding</b>	Consult a perinatal psychiatrist or contact a Pregnancy and Breastfeeding Medicine Information Centre
<b>Monitoring</b>	Routine monitoring include: full blood picture, renal function, thyroid function, serum electrolytes, and serum calcium.  Antenatal patients, in particular closer to term, may require more frequent monitoring. Please refer to area consultants.
<b>Postnatal Management</b>	Where applicable, please refer to the Childbirth and Mental Illness Clinic for recommendations.
<b>Clinical Guidelines and Policies</b>	<b>Clinical Practice Guidelines:</b> <a href="#">Childbirth and Mental Illness Clinic</a> <b>Clinical Practice Guidelines:</b> <a href="#">The Use of Psychotropic Medication in Pregnancy</a>
<b>References</b>	Australian Medicines Handbook. Lithium. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2019 [cited 2019 Sept 23]. Available from: <a href="https://amhonline.amh.net.au/">https://amhonline.amh.net.au/</a>  The Royal Women's Hospital. Lithium. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2019 [cited 2019 Oct 7]. Available from: <a href="https://thewomenspbmg.org.au/">https://thewomenspbmg.org.au/</a>

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