

Psychiatric Medications Cheat Sheet

Medication class	Medication name	Common uses	Typical dosage	Common side effects	Notable interactions
Antidepressants	Sertraline (Zoloft)	Depression, anxiety, PTSD, OCD	50-200 mg daily	Nausea, sleep disturbance, sexual dysfunction	Increased bleeding risk with NSAIDs, serotonin syndrome with MAOIs
	Fluoxetine (Prozac)	Depression, OCD, panic disorder, bulimia	20-80 mg daily	Insomnia, headache, nervousness	Can increase levels of other medications, like tricyclic antidepressants
Antipsychotics	Risperidone (Risperdal)	Schizophrenia, bipolar disorder, autism-related irritability	2-8 mg daily	Weight gain, drowsiness, extrapyramidal symptoms	Can increase blood sugar levels, caution with other CNS depressants
	Aripiprazole (Abilify)	Schizophrenia, bipolar disorder, depression, Tourette's	10-30 mg daily	Insomnia, anxiety, headache	Potential interaction with ketoconazole, caution with other CNS depressants
Mood stabilizers	Lithium	Bipolar disorder	900-1800 mg daily (blood level monitoring required)	Tremor, thirst, weight gain, renal function impairment	Reduced effectiveness with caffeine; increased levels with diuretics, NSAIDs
	Valproate (Depakote)	Bipolar disorder, seizures, migraine prevention	500-2000 mg daily	Nausea, hair loss, weight gain, liver toxicity	Liver function should be monitored, interacts with many other medications
Anxiolytics	Lorazepam (Ativan)	Anxiety, insomnia, seizure control	1-4 mg daily	Drowsiness, dizziness, dependence	Increased sedation with alcohol, opioids, and other CNS depressants
	Buspirone (Buspar)	Anxiety	15-60 mg daily	Nausea, headache, dizziness	Grapefruit juice can increase drug levels, interacts with MAOIs

Medication class	Medication name	Common uses	Typical dosage	Common side effects	Notable interactions
SSNRIs	Venlafaxine (Effexor)	Depression, anxiety, panic disorder	75-225 mg daily	Hypertension, insomnia, sexual dysfunction	Risk of serotonin syndrome with other serotonergic drugs
	Duloxetine (Cymbalta)	Depression, anxiety, diabetic neuropathy, fibromyalgia	30-120 mg daily	Nausea, dry mouth, sleepiness	Liver damage risk, interacts with CYP1A2 inhibitors like fluvoxamine
Tricyclic antidepressants	Amitriptyline	Depression, neuropathic pain, migraine prevention	25-150 mg daily	Dry mouth, constipation, drowsiness	Increased risk of serotonin syndrome with SSRIs, can increase arrhythmia risk
MAOIs	Phenelzine (Nardil)	Depression (especially atypical)	15-90 mg daily	Hypertension, insomnia, weight gain	Many dietary restrictions, severe interactions with SSRIs, certain pain medications
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