

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
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,	15-90 mg daily	Hypertension,	Many dietary restrictions, severe

		especially atypical		Insomnia, Weight gain	interactions with SSRIs, certain pain medications
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