

Common Psychiatric Medications & Nonprescription Drugs

Sedative-Hypnotic & Antianxiety Medications

Generic name/Brand name® Avg. daily dose (mg)

Benzodiazepines (BzRAs)

alprazolam/Xanax	0.25-8
chlordiazepoxide/Librium	5-250
clonazepam/Klonopin	1-6
diazepam/Valium	2-40
flurazepam/Dalmane	15-60
lorazepam/Ativan	0.5-1
triazolam/Halcion	0.25-0.5
temazepam/Restoril	15-30

z-compounds

escatolopram/Lunesta	1-3
zaleplon/Sonata	5-20
zolpidem/Ambien/Ambien/CR/Edluar(sublingual)	5-10

Atypical Hypnotics

ramelteon/Rozerem	8
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Other Medications for Anxiety

atenolol/Tenormin	25-100
buspirone/Buspar	15-60
clonidine/Catapres	0.1-3
escitalopram/Lexapro	10
hydroxyzine/Atarax/Vistaril	50-400
propranolol/Inderal	80-640

Many SSRI antidepressants are now used as a first-line treatment for anxiety.

Antipsychotic Medications

First Generation Antipsychotics (FGAs)

chlorpromazine/Thorazine	50-1500
fluphenazine/Prolixin	3-45
haloperidol/Haldol	2-40
perphenazine/Trilafon	8-60

Second Generation Antipsychotics (SGAs)

amoxapine/Ascendin	200-300
asenapine/Saphris (sublingual)	10-20
clozapine/Clozaril	300-900
olanzapine/Zyprexa/ Zydis (soluble on tongue)	5-20
paliperidone/Invega (ER)	6
quetiapine/Seroquel	25-400
risperidone/Risperdal/Consta (i.m.)	4-16
ziprasidone/Geodon	40-160

Dopamine System Stabilizers (DSSs)

aripiprazole/Abilify	10-30
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All doses are oral unless indicated.

THIS IS NOT A COMPLETE LIST.

See www.rxlist.com for the most up-to-date information on prescription drugs.

This table is from the 2nd. edition of

Drugs & Clients™

What Every Psychotherapist Needs to Know
by Padma Catell, PhD

ISBN 978-0929150-789

www.drugsandclients.com

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ISBN 978-0929150-772



Opioids & Pain Medications

buprenorphine/Buprenex/Subutex	16
buprenorphine + naloxone/Suboxone	4-24
codeine	45-240
fentanyl/Actiq (transmucosal)/ Duragesic/Sublimaze (transdermal)	varies
hydrocodone/Vicodin/Lortab	7.5-30
hydromorphone/Dilaudid	1 & up
meperidine/Demerol	50-150
methadone/Dolophine	10-80
morphine sulfate+naltrexone HCl/ Embeda (ER)	20/08-100/4.0
oxycodone/OxyContin	20-320
oxymorphone HCl/Opana (ER)	10+
pregabalin/Lyrica	150-300
propoxyphene/Darvon	195-390
sumatriptan/Imitrex (for migraines)	25-50
sumatriptan + naproxen/Treximet	85/500

ADHD Medications/CNS Stimulants

atomoxetine/Strattera	40-80	guanfacine/Intuniv (ER)	1-4
caffeine	—	lisdexamfetamine dimesylate/Vyvanse (ER)	20-70
cocaine	—	(prodrug)	20-70
dexmethylphenidate/Focalin (ER)	5-20	methamphetamine/Methedrine/Desoxyn	5-25
dextroamphetamine/ Dexedrine	5-40	methylphenidate/Ritalin/Concerta	5-50
dextroamphetamine + amphetamine/Adderall	2.5-40	Daytrana (transdermal)	10-30
		modafinil/Provigil	100-200
		nicotine	—

Nootropic Medications

donepezil/Aricept	5-10	memantine/Namenda	20
galantamine/Reminyl	16-24	rivastigmine/Exelon	3-12

Antidepressant Medications

Selective Serotonin Reuptake Inhibitors (SSRIs)

citalopram/Celexa	10-60
desvenlafaxine/Pristiq (ER)	50
escitalopram/Lexapro	10
fluoxetine/Prozac/Sarafem	10-80
fluvoxamine/Luvox (also ER) (for OCD & Social AD)	50-300
paroxetine/Paxil/Pexeva	10-60
sertraline/Zoloft	25-200
venlafaxine/Effexor (also ER) (an SNRI at higher doses)	75-375

Tricyclic & Heterocyclic Antidepressants (TCAs & HCAs)

amitriptyline/Elavil	50-300
clomipramine/Anafranil	25-250

Bipolar Disorder Medications

asenapine/Saphris (sublingual)	10-20
lithium/Eskalith/Lithobid	600-2400
lamotrigine/Lamictal	100-400
N-acetyl cysteine	2grams
(add-on for dresspive symptoms)	
olanzapine+fluoxetine/Symbyax	6/25-12/50
Protein kinase C inhibitors (under study for mania)	
risperidone/Risperdal	4-16
sumatriptan (under study for bipolar disorder)	
Many atypical antipsychotic drugs are approved for use in bipolar disorder, particularly to treat manic episodes.	

Anticonvulsants for Mania

carbamazepine/Tegretol	600-1600
topiramate/Topamax	25-400
valproate/Depakene/Depakote	750

Antidepressant Medications

desipramine/Norpramin	100-300
doxepin/Sinequan/Adapin	100-300
imipramine/Tofranil	25-300
nortriptyline/Aventyl/Pamelor	50-150

Monoamine Oxidase Inhibitors (MAOIs)

phenelzine/Nardil	30-90
tranylcypromine/Parnate	20-60
selegiline/Emsam (transdermal)	5-20

Atypical Antidepressants

aprepitant/Emend (not yet available)	
aripiprazole/Abilify (adjunctive treatment)	
bupropion/Aplenzin (ER)	522
bupropion/Wellbutrin/Zyban	200-450
duloxetine/Cymbalta	60
mirtazapine/Remeron	15-45
trazodone/Desyrel	200-400

Other Treatments for Dementia

acetylcysteine		nicotine (stimulates ACh)	
ampakines (may improve cognition)		NSAIDs (nonsteroidal anti-inflammatory drugs)	
antiamyloid treatments (gene therapy or vaccines)		Omega-3 fish oils	
antioxidants		phosphotidylserine/PtdSer (natural fat-soluble nutrient)	
COX-2 inhibitors (anti-inflammatory agents)		selegiline/Eldepryl (MAO inhibitor)	
ginkgo (increases blood flow to CNS)		statin drugs (lower cholesterol)	
hormone replacement therapy (estrogens or androgens)		vitamin B3 (niacin)	
huperzine/HupA (ACh esterase inhibitor)		vitamin C (antioxidant)	
L-methylfolate		vitamin E (antioxidant)	
neurotropic agents (human nerve growth factor)			

Miscellaneous Medications

acamprosate/Campral	1998	ondansetron/Zofran	4-300
benztropine/Cogentin	150-250	sildenafil/Viagra	25-100
disulfiram/Antabuse	125-500	varenicline/Chantix (anti smoking)	0.5 -1.0
naloxone/Narcan (i.v.)	.04-2	sodium oxybate/Xyrem	4.5-9 (grams)
naltrexone/Trexan/Revia	25-150	(for narcolepsy)	
nizatidine/Axid	75-300		