

Management of Lithium Side Effects

Treatment	Benefits	Potential Psych Benefits	Dose
Propranolol	Tremor	Anxiety	80-240 mg/day
Vitamin B6	Tremor	Depression	500-1,000 mg/day
Nimodipine	Tremor	Vascular depression, bipolar disorder	240-480 mg/day, divided TID
Gabapentin	Tremor	Social anxiety, alcohol/cannabis use disorders	600-1,200 mg/day divided BID-TID
Ondansetron	Nausea	OCD, binge drinking, bulimia	4 mg q 12 hr prn
Ginger	Nausea	None	1,000-2,000 mg q12 hr prn
Promethazine	Nausea	None	25 mg q12 hour prn
Metoclopramide	Nausea	None	5-20 mg q4-6 hour prn
Amiloride	Nephrogenic diabetes insipidus	None	5 md/day
Aspirin	Sexual dysfunction in men	None	240 mg/day
Minocycline	Acne	Depression	100-200 md/day
Probiotics	Acne	Depression, anxiety	1 capsule/day
Omega-3	Acne, psoriasis	Depression	2,000-3,600 mg/day of EPA + DHA
Inositol	Psoriasis	Depression, bulimia	12,000-18,000 mg/day
N-acetylcysteine (NAC)	Renal protection	Depression	1,200-2,000 mg/day divided BID