

Mood Stabiliser	Good for treating mania?	Good for treating depression?	Good for preventing relapse?	Possible side effects	Usual doses
Lithium (also called Priadel, Liskonum or Camcolit)	+++++	++++	+++++	Weight gain, fatigue, sedation, stomach upset, frequent urination, metallic taste in mouth, mild hand tremor, thyroid problems, acne, psoriasis, concentration problems, kidney problems.	400mg-1400mg per day
Valproic acid (Depakote) and sodium valproate (Epilim)	++++	+++	++++	Nausea, stomach upset, weight gain, transient hair loss (regrowth may be curly), tiredness, sedation, mild hand tremor, dizziness, headaches, changes in liver enzymes of blood platelets.	800mg-2000mg per day
Carbamazepine (Tegretol)	++++	+++	+++	Nausea, vomiting, dizziness, drowsiness, headache, mild memory problems, constipation, blurred vision, rash, problems with co-ordination, change in liver enzymes, change in white blood cell count, drop in sodium levels.	400mg-1600mg
Lamotrigine (Lamictal)	++	+++++	++++	Rash (see doctor if this occurs), nausea, vomiting, diarrhoea, liver problems, headache, fatigue, dizziness.	100mg-500mg
Olanzapine (Zyprexa)	++++	++++	++++	Weight gain, drowsiness, dizziness, drop in blood pressure, increased appetite, diabetes.	10-20mg
Quetiapine (Seroquel)	++++	++++	+++	Drowsiness, heartburn, dry mouth, weight gain, dizziness, drop in blood pressure.	400mg-800mg
Risperidone (Risperdal)	++++	+++	+++	Drowsiness, heartburn, dry mouth, constipation, weight gain, dizziness, drop in blood pressure.	2mg-8mg