

MOOD STABILISERS

- **LITHIUM:**
 - Common side effects include:
 - Nausea
 - Anorexia
 - Diarrhoea
 - Fine tremor
 - Thirst
 - Polyuria
 - Fatigue
 - Weight gain
 - Acne
 - Hypothyroidism
 - Blood level is increased by:
 - Thiazides
 - Tetracyclines
 - NSAID
 - Blood level is decreased by:
 - Bronchodilators
 - Verapamil
 - Carbonic anhydrase inhibitor
 - Rare side effects:
 - Neurotoxicity
 - Renal toxicity
 - Hypercalcaemia
 - ECG changes
- **VALPROIC ACID:**
 - Common side effects:
 - Nausea
 - Anorexia
 - Weight gain
 - Sedation
 - Tremor
 - Rash
 - Alopecia
 - Inhibits hepatic metabolism of other medications
 - Rare side effects:
 - Pancreatitis
 - Hepatotoxicity
 - Steven-Johnson syndrome
- **CARBAMAZEPINE:**
 - Common side effects:
 - Nausea
 - Anorexia
 - Sedation

- Rash
 - Dizziness/ataxia
- Induces hepatic metabolism of other medications
- Rare side effects:
 - Hyponatraemia
 - Agranulocytosis
 - Stevens-Johnson syndrome