

This guide is meant as a general reference only and should not serve as a guideline for prescribing medications. To the best of our knowledge, recommended doses and side effects listed below are accurate. Please check package inserts for the most up-to-date information for each medication referenced in this document. If you have any questions regarding the information presented in this guide, please speak with a pharmacist or physician. (Brand names below are registered trademarks)

Antidepressants*

Class ¹	Generic Name	Brand Name	Usual Daily Dose	Common Side Effects
SSRIs	citalopram	Celexa	10 - 40 mg	agitation GI upset sedation weight gain
	escitalopram	Lexapro	5 - 30 mg	
	fluoxetine	Prozac	5 - 80 mg	
	fluvoxamine	Luvox	50 - 300 mg	
	paroxetine [^]	Paxil	IR: 10 - 50 mg ER: 25 - 62.5 mg	
	sertraline	Zoloft	12.5 - 200 mg	
SNRIs	desvenlafaxine	Pristiq	25 - 100 mg	dry mouth GI upset headache insomnia weight gain
	duloxetine	Cymbalta	30 - 120 mg	
	levomilnacipran	Fetzima	20 - 120 mg	
	venlafaxine	Effexor	37.5 - 375 mg	
TCAs [^]	amitriptyline	Elavil	10 - 300 mg	agitation blurred vision dry mouth ↑ HR GI upset sedation weight gain
	amoxapine	Ascendin	100 - 400 mg	
	clomipramine	Anafranil	25 - 250 mg	
	desipramine	Norpramin	25 - 300 mg	
	doxepin	Silenor	10 - 300 mg	
	imipramine	Tofranil	25 - 300 mg	
	nortriptyline	Pamelor	10 - 150 mg	
	protriptyline	Vivactil	10 - 60 mg	
	trimipramine	Surmontil	25 - 300 mg	
MAOIs	isocarboxazid [^]	Marplan	20 - 60 mg	agitation blurred vision GI upset sedation weight gain
	phenelzine [^]	Nardil	15 - 90 mg	
	selegiline [^]	EmSam (patch) Zelapar (tab)	Patch: 6-12 mg Tab: 5 - 10 mg ODT: 1.25-2.5 mg	
	tranylcypromine	Parnate	10 - 60 mg	
	gepirone ^{**}	Exxua	72.6 mg	
Serotonin Modulators	nefazodone [^]	Serzone	50 - 600 mg	agitation dry mouth headache sedation
	trazodone	Oleptro	25 - 600 mg	
	vilazodone [^]	Viibryd	10 - 40 mg	
	vortioxetine	Trintellix	5 - 20 mg	

*All antidepressants carry a risk of serotonin syndrome, sexual dysfunction, and suicidality
[^]These medications have anticholinergic side effects (i.e. dry mouth, blurred vision, constipation, etc.)
^{**} Updated for 2025

1) SSRIs = Selective Serotonin Reuptake Inhibitors, SNRIs = Serotonin and Norepinephrine Reuptake Inhibitors, TCAs = Tricyclic Antidepressants, MAOIs = Monoamine Oxidase Inhibitors

Atypical Antidepressants*

Generic Name	Brand Name	Usual Dosing Schedule	Common Side Effects
bupropion [^]	Wellbutrin	Tab: 200 - 450 mg SR tab: 150 - 400 mg HBr tab: 174 - 522 mg HCl tab: 150 - 450 mg 3x a day 2x a day 1x a day 1x a day	agitation seizure weight loss
mirtazapine [^]	Remeron	15 - 45 mg	1x a day see [^] note below
esketamine ^{**}	Spravato	Start: 56 to 84mg intranasal twice weekly for 4w Titrate: Decrease dosing to once weekly for 4w then to every two weeks	dissociation sedation ↓ respiration

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[^]These medications have anticholinergic side effects (i.e. dry mouth, blurred vision, constipation, etc.)
^{**}Updated for 2025

Anti-Anxiety Agents

Class	Generic Name	Brand Name	Usual Daily Dose	Common Side Effects
Benzodiazepine	alprazolam	Xanax	0.25 - 10 mg	agitation amnesia ¹ confusion ↓ appetite rash sedation weight gain/loss
	clonazepam	Klonopin	0.25 - 8 mg	
	clorazepate	Tranxene-T	7.5 - 30 mg	
	diazepam	Valium Valtoco (nasal)	2 - 40 mg	
	lorazepam	Ativan	0.5 - 10 mg	
	Anti-seizure	gabapentin	Neurontin Gralise (ER tab)	
pregabalin		Lyrica	50 - 600 mg	
Anti-histamine	hydroxyzine [^]	Vistaril	25 - 400 mg	dry mouth sedation
Beta Blocker	atenolol	Tenormin Off Label Use	25 - 100 mg	bronchospasm ↓ BP sedation ↓ HR
	propranolol	Inderal Off Label Use	10 - 160 mg	
Other	bupirone	Buspar	10 - 60 mg	agitation dizziness headache sedation SS ²
	prazosin	Minipress	1 - 15 mg	

[^]These medications have anticholinergic side effects (i.e. dry mouth, blurred vision, constipation, etc.)
¹ Amnesia - benzodiazepines have a side effect of anterograde amnesia (a lack of formation of memories) usually seen with higher doses
² SS = serotonin syndrome

Mood Stabilizers*

Class	Generic Name	Brand Name	Usual Daily Dose	Common Side Effects
Anti-manic and Anti-seizure	carbamazepine	Tegretol	100 - 1600 mg	agitation GI upset rash
	divalproex (valproate)	Depakote	500 - 2500 mg	
	lamotrigine	Lamictal	25 - 400 mg	
Anti-manic	lithium	Lithobid	600 - 1800 mg	confusion tremor weight gain
Anti-seizure	oxcarbazepine	Trileptal Oxtellar XR	Off Label Use 300 - 1800 mg	confusion rash visual disturbances

*All mood stabilizers have a risk of sedation and hematologic changes (i.e. decreased white blood cells, etc.)

Hypnotics*

Class	Generic Name	Brand Name	Usual Daily Dose	Common Side Effects
Nonbenzodiazepine Receptor Agonists ¹	eszopiclone	Lunesta	1 - 3 mg	hallucination nightmares
	zaleplon	Sonata	5 - 20 mg	
	zolpidem	Ambien	ER: 6.25 - 12.5 mg IR: 5 - 10 mg	
Nonbenzodiazepine Receptor Agonists ¹	estazolam	Prosom	1 - 2 mg	confusion dizziness headache rash
	temazepam	Restoril	7.5 - 30 mg	
	triazolam	Halcion	0.125 - 5 mg	
	quazepam	Dorl	7.5 - 15 mg	
Dual Orexin Receptor Antagonist ¹	daridorexant	Quviviq	25 - 50 mg	hallucinations nightmares
	lemborexant	DayVigo	5 - 10 mg	
	suvorexant	Belsomra	10 - 20 mg	
Other	ramelteon ¹	Rozerem	8 mg	nightmares GI upset headache nightmares memory impairment
	melatonin	Melatonin	1 - 10 mg	
	diphenhydramine [^]	Benadryl	25 - 50 mg	

*All hypnotics can cause daytime drowsiness
[^]These medications have anticholinergic side effects (i.e. dry mouth, blurred vision, constipation, etc.)
¹ These medications can cause complex sleep behaviors (i.e. sleep-driving, cooking or eating food, etc.)

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ADHD Medications*

Class	Generic Name	Brand Name	Usual Daily Dose
Stimulants	amphetamine	Evekeo Dyanavel	2.5 - 20 mg
	amphetamine/ dextroamphetamine	Adderall Mydayis	5 - 60 mg
	dextroamphetamine	Xelstrym (patch) Procentra (solution) Zenzedi (tab)	Oral: 10 - 60 mg Patch: 9 - 18 mg
	dexmethylphenidate	Focalin	IR: 2.5 - 20 mg ER: 10 - 40 mg
	lisdexamphetamine	Vyvanse	30 - 70 mg
	methylphenidate IR Formulations	Methylin (solution) Ritalin (tab)	10 - 60 mg
	methylphenidate XR Formulations	Adhansia XR (XR cap) Aptensio XR (XR cap) Journay PM (XR cap) Concerta, Relexxi (XR tab) Daytrana (patch) Quillichew ER (chew tab) Quillivant XR (suspension)	25 - 100 mg 10 - 60 mg 20 - 100 mg 18 - 72 mg 10 - 60 mg 20 - 60 mg 20 - 60 mg
	serdexmethylphenidate/ dexmethylphenidate**	Azstarys	52.3 - 10.4 mg
Non - Stimulants^	atomoxetine	Strattera	40 - 100 mg
	clonidine**	Catapres (tab) Off Label Use Onyda XR (solution)	0.1 - 1 mg 0.1 - 0.4 mg
	guanfacine	Intuniv	0.25 - 7 mg
	viloxazine	Qelbree	200 - 600 mg

*All ADHD medications have the following side effects: aggression, cardiac events, ↓ appetite, dizziness, dry mouth, headache, insomnia, and mood swings
^Non-stimulant medications can also cause sedation and sexual dysfunction
**Updated for 2025

Herbal Medications*

Name	Common Uses	Possible Side Effects
cannabidiol	anxiety, depression, sleep	dry mouth, sedation
omega 3 fatty acids	depression, bipolar disorder, ADHD	GI upset, unpleasant taste
St. John's wort	depression, anxiety	anxiety, GI upset, headache
valerian	insomnia	GI upset, insomnia, sedation

*These are only some of the common herbal medications used in psychiatric diseases, reference the Natural Medicines Comprehensive Database for those not included above

Combination Medications

Brand Name	Generic Names	Medication Class	Usual Daily Dose
Auvelty	dextromethorphan/bupropion	Antidepressant	45-90mg/105-120mg
Lybalvi	olanzapine/samidorphan	2nd Gen Antipsychotic	10-20mg/10mg
Symbyax	olanzapine/fluoxetine	2nd Gen Antipsych/SSRI	6-12mg/25-50mg
Cobenfy**	xanomeline/trospium	Antipsychotic	100-125mg/20-30mg

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Injectable Antipsychotics

Generic Name	Brand Name	Route	Usual Dosing Schedule		
			ORAL DOSE	IM DOSE	
aripiprazole lauroxil	Aristada	IM	10 mg/day	441 mg/1m	
			15 mg/day	662 mg/1m 882 mg/6w 1064 mg/2m	
			20+ mg/day	882 mg/1m	
			675mg injection once to start or re-initiate Aristada		
aripiprazole lauroxil	Aristada Initio	IM	675mg injection once to start or re-initiate Aristada		
aripiprazole monohydrate	Abilify Maintena	IM	Start: 400mg every month, will need 14 days of oral with IM Titrate: decrease to 300mg if intolerable		
aripiprazole monohydrate	Abilify Asimtufii	IM	Start: 960mg every 2 months, will need 14 days of oral with IM Titrate: decrease to 720mg if intolerable		
fluphenazine hydrochloride	Prolixin	IM	Start: 1.25 mg once daily Titrate: 1.25 up to 10 mg split dose every 6-8h		
fluphenazine decanoate	Prolixin Decanoate	IM SQ	Start: 6.25-25 mg every 2w Titrate: 25-100 mg every 4-6w		
haloperidol decanoate**	Haldol	IM	Start: 100 mg every 4w Titrate: 100 mg every 4w		
olanzapine	Zyprexa	IM	Start: 2.5-5 mg once Titrate: additional 1.25-5mg dose 2h after first then repeat again after another hour if needed		
olanzapine	Zyprexa Relprevv	IM	Oral Dose	IM Dose first 8weeks	IM maintenance after 8 weeks
			10 mg/day	210 mg/2w or 405 mg/4w	150 mg/2w or 300 mg/4w
			15 mg/day	300 mg/2w	210 mg/2w or 405 mg/4w
			20 mg/day	300 mg/2w	300 mg/2w
paliperidone	Invega Sustenna	IM	Start: 234mg on day 1 Titrate: 156mg on day 8 then 39-234mg month		
paliperidone	Invega Trinza	IM	Last Sustenna Dose	Start Trinza Dose	
			78 mg/1m	273 mg/3m	
			117 mg/1m	410 mg/3m	
			156 mg/1m	546 mg/3m	
paliperidone	Invega Hafyera	IM	Last Sustenna Dose	Start Hafyera Dose	Last Trinza Dose
			156 mg/1m	1,092 mg/6m	546 mg/3m
			234 mg/1m	1,560 mg/6m	819 mg/3m
risperidone	Perseris	SQ	Oral Dose	IM Dose	
			3 mg/day	90 mg/1m	
			4 mg/day	120 mg/1m	
risperidone	Risperdal Consta	IM	Start: 12.5-25mg every 2 weeks Titrate: up to 50mg every 2 weeks		
risperidone**	Risvan	IM	Oral Dose	IM Dose	
			3 mg/day	75 mg/1m	
			4 mg/day	100 mg/1m	
risperidone	Uzedy	SQ	Oral Dose	SQ Monthly Dose	SQ Every 2 Months Dose
			2 mg/day	50 mg/1m	100 mg/2m
			3 mg/day	75 mg/1m	150 mg/2m
			4 mg/day	100 mg/1m	200 mg/2m
			5 mg/day	125 mg/1m	250 mg/2m

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First Generation Antipsychotics

Generic Names	Brand Names	Usual Daily Dose	Common Side Effects
chlorpromazine	Thorazine	25 - 1000 mg	cardiac abnormalities
fluphenazine	Modecate	2.5 - 40 mg*	
haloperidol	Haldol	0.5 - 30 mg*	dry mouth
loxapine	Adasuve	10 - 250 mg	
perphenazine	Trilafon	8 - 34 mg	EPS ¹
pimozide	Orap	0.5 - 10 mg	
thioridazine	Mellaril	50 - 800 mg	NMS ²
thiothixene	Navane	2 - 60 mg	
trifluoperazine	Stelazine	2 - 40 mg	retinal discoloration
			sedation
			seizures
			urinary retention
			weight gain

*See Injectable Antipsychotics table for injectable dosing

1) EPS = extrapyramidal symptoms (repetitive involuntary movements due to medications)

2) NMS = neuroleptic malignant syndrome (fever, altered mental status, muscle rigidity, and autonomic dysfunction)

Second Generation Antipsychotics

Generic Names	Brand Names	Usual Daily Dose	Common Side Effects
aripiprazole	Abilify	5 - 30 mg*	2nd gen antipsychotics have a ↓ risk of EPS and an ↑ risk of metabolic side effects compared to 1st gen antipsychotics ¹
asenapine	Saphris (patch) Secuado (SL tab)	10 - 20 mg	
brexpiprazole	Rexulti	0.5 - 4 mg	
cariprazine	Vraylar	1.5 - 6 mg	
clozapine	Clozaril Versacloz (suspension)	6.25 - 900 mg	
iloperidone	Fanapt	2 - 24 mg	
lumateperone	Caplyta	10.5 - 42 mg	
lurasidone	Latuda	20 - 120 mg	
olanzapine	Zyprexa (tab) Zydis (ODT)	1.25 - 20 mg*	
paliperidone	Invega (tab)	6 - 12 mg*	
pimavanserin	Nuplazid	Cap: 34 mg Tab: 10 mg	
quetiapine	Seroquel	100 - 800 mg	
risperidone	Risperdal	1 - 8 mg*	
ziprasidone	Geodon	40 - 240 mg	

*See Injectable Antipsychotics table for injectable dosing

1) EPS = extrapyramidal symptoms (repetitive involuntary movements due to medications)



References:

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