

What is this medicine for?

Lithium is a mood stabilizer used to treat and prevent relapse of Bipolar Disorder (mood swings), depression or other mood disorders.

This medicine may also be used for other conditions, check with your doctor.

Before using this medicine:

Tell your doctor if you have or have ever had heart or kidney disease, high blood pressure, thyroid disease, leukaemia, or low sodium levels.

FOR WOMEN: Lithium can cause birth defects. Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding.

How to use this medicine?

Follow the directions on your medicine label and take the medicine exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.

The controlled-release (CR) tablet must be swallowed whole or halved; do not crush or chew it. Do not change the brand of Lithium you are taking without informing your doctor.

Continue to take this medicine regularly every day even if you feel well. Do not stop taking it without talking to your doctor, especially if you have taken large doses for a long time, otherwise your condition may worsen very quickly. This medicine must be taken regularly for a few weeks before its full effect is felt.

Keep all appointments with your doctor. Your doctor may order certain blood tests to check your response to lithium.

Precautions while taking this medicine:

- Loss of too much water and salt from your body in hot weather or during strenuous exercise may cause serious side effects. Drink plenty of fluids when you exercise.
- If you have an infection or illness that causes heavy sweating, vomiting or diarrhoea, consult doctor. Ensure adequate fluid intake, the loss of too much water and salt from your body could lead to serious side effects from lithium.
- Lithium may impair your ability to perform skilled tasks such as driving and operating machinery.
- When you take lithium with some other medicines, it may change the way how lithium or the other medicines work. Be sure that you tell all doctors, pharmacists, dentists and other health care providers who treat you about all medicines and natural remedies you are taking.

What should I do if I forget a dose?

Take the missed dose as soon as you remember it. However, if it is more than half way between the doses, skip the missed dose and take your medicine at the usual time.

Do not take two doses at the same time to make up for a missed one.

Possible Side Effects

Like all medications, this medication may also cause some POSSIBLE side effects in some people. Everyone responds differently to medications; so not everyone experiences any or all of them.

COMMON (Generally affect up to 10% of patients)

Most of these side effects below will get better or go away completely with continued medication taking as your body gets used to this medication. Contact your doctor or pharmacist should they become too bothersome to you.

- ~ Thirst, dry mouth
- ~ Nausea, vomiting, diarrhoea
- ~ Loss of appetite
- ~ Bloating or stomach pain
- ~ Headache
- ~ Fine hand movements that are difficult to control
- ~ Joint or muscle pain

FOR URGENT ATTENTION

Check with your doctor as soon as possible if you have any of the following:

- ~ Ringing in the ears
- ~ Urinating more often
- ~ Extreme tiredness
- ~ Blurred vision
- ~ Confusion, clumsiness, dizziness
- ~ Seizures (fits)
- ~ Irregular heart beat

If you have any concerns about your medications or if you have other side effects that you think are caused by this medicine, please consult with your doctor or pharmacist.



Where should I store the medicine?

Store this medicine at room temperature, away from direct light, heat and moisture (not in the bathroom) and out of reach of children. Throw away any medication that is expired or no longer needed.

Do not share the medicine with other people.

Ask your doctor or pharmacist for more information or if you have any questions.

Patient Information Leaflet on

LITHIUM

Institute of Mental Health

Pharmacy Department
10 Buangkok View
Singapore 539747

For medication enquiries: (during office hours)

IMH Clinic B/ Sayang Wellness Pharmacy: 63892077

IMH Clinic C (NAMS) Pharmacy: 63893666

Community Wellness Centre Pharmacy: 64715797

Geylang Behavioural Medicine Pharmacy: 67461724

Child Guidance Clinic (HPB) Pharmacy: 64353807

Child Guidance (Sunrise Wing) Pharmacy: 63892410

Email: enquiry@imh.com.sg

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