

Bipolar I Criteria	Mania Sx- GIDDINESS	Meds
1 or more manic/ mixed episode	Grandiose	Lithium
Elevated, expansive, or irritable mood, and increased goal-directed activity or energy lasting ≥1 week (any duration if hospitalized), present most of the day, nearly every day	Increased activity	Depakote
	Decreased judgment and sleep	Tegretol
	Delusional	Lamictal
	Irritable	SGAs (acute mania or psychosis)
Bipolar II Criteria		Lithium
Never had a full manic episode		Normal level 0.5- 1.2 in acute phase
At least 1 hypomanic episode and at least 1 major depressive episode		Normal level 0.6- 1.0 in maintenance phase
Distinct period of abnormally and persistently elevated, expansive, or irritable mood, and increased goal-directed activity or energy lasting ≥4 but <7 days, and clearly different from usual nondepressed mood, present most of the day, nearly every day		Dose 1,200- 2,400mg in acute phase; 900- 1,200mg in maintenance phase
Not severe enough to cause marked impairment, not due to substance or medical condition, and no psychosis		SEs: weight gain, fine hand tremors, nausea, increased urination, thirst
		Interactions: ACEs, ARBs, diuretics, NSAIDs, Topamax
		Antisuicidal properties
		Toxicity: confusion, slurred speech, coarse hand tremors, severe GI effects
Bipolar I and II- 3 or more of the following	Treatment Guidelines	Avoid in pregnancy (especially 1st trimester)
Grandiosity	Decreased sleep	Monitor KIDNEYS
Pressured speech	Racing thoughts	
Distractibility	Increased activity	
Excessive pleasurable activities/ risk taking		
4 required if irritable mood only	Lithium gold standard- but less effective in rapid cycling and mixed episodes	



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Cheatography

Bipolar I and II Cheat Sheet

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Depakote	
Normal level 50-125	Dosage 15- 50 mg/kg/ day
SEs: nausea diarrhea, abd cramps, sedation tremor, alopecia, liver issues	Rare: Stevens Johnson
Avoid in pregnancy	Interactions: Topamax (increased ammonium), tegretol (decreases levels of both drugs)
Increases levels of lamictal and SGAs	Monitor LIVER

Lamictal	
No level	Dosage 25- 600mg/ day
SEs: dizziness, ataxia, somnolence, diplopia, nausea, headache liver issues	Rares: Stevens-Johnson
Maintenance only	Helps in depressive phases
Titrate super slow- 25mg q day x 2 weeks, then 50mg q day x 2 weeks etc	When added to depakote, lamictal level doubles
When added to tegretol, it is metabolized quicker	Often added to Lithium, SGAs or antidepressants

Tegretol	
Normal level 6- 12	Dose 10- 20 mg/kg/ day
SEs: nausea, dizziness, sedation, headaches, dry mouth, constipation, skin rash, liver issues	Rare: agranulocytosis/ aplastic anemia, Stevens- Johnson (In asians especially due to HLA-B 1502 allele)
Avoid in pregnancy	Monitor LIVER



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