

Common Psychiatric Medications & Nonprescription Drugs

Sedative-Hypnotic & Antianxiety Medications

Generic name/Brand name Avg. daily dose (mg)

Benzodiazepines (BZs)

alprazolam/Xanax	0.25–8
clorazepate/Tranxene	7.5–90
chlordiazepoxide/Librium	5–250
clonazepam/Klonopin	1–6
diazepam/Valium	2–40
flurazepam/Dalmane	15–60
lorazepam/Ativan	0.5–1.0
oxazepam/Serax	30–120
triazolam/Halcion	0.25–0.5
prazepam/Centrax	20–60
temazepam/Restoril	15–30

Atypical Hypnotics

estazolam/ProSom	1–2
quazepam/Doral	7.5–30
zaleplon/Sonata	5–20
zolpidem/Ambien	5–10

Other Medications for Anxiety

atenolol/Tenormin	25–100
bupirone/BuSpar	15–60
clonidine/Catapres	0.1–3
diphenhydramine/Benadryl	25–100
hydroxyzine/Atarax/Vistaril	50–400
propranolol/Inderal	80–640

Opioids & Pain Medications

Generic name/Brand name Avg. daily dose (mg)

buprenorphine/Subutex	16
buprenorphine + naloxone/Suboxone	4–24
butorphanol/Stadol (i.m. or i.v.)	12–48
codeine	45–240
dezocine/Dalgan (i.m. or s.c.)	6–12
diacetylmorphine (“heroin”)	
fentanyl/Actiq (transmucosal)/Duragesic (transdermal)/Sublimaze	varies
hydrocodone/Vicodin	7.5–30
hydromorphone/Dilaudid	1 & up
meperidine/Demerol (i.m.)	200–7500
methadone/Dolophine	10–80
morphine (i.m.)	10–30
nalbuphine/Nubain	10–160
oxycodone/OxyContin	20–320
oxymorphone/Numorphan (i.m. or s.c.)	4–6
pentazocine/Talwin	22.5–30
propoxyphene/Darvon	195–390

Nootropic Medications

donepezil/Aricept	5–10
galantamine/Reminyl	16–24
memantine HCl/Namenda	20
rivastigmine/Exelon	1.5–12
tacrine/Cognex	40–80

Bipolar Disorder Medications

Generic name/Brand name Avg. daily dose (mg)

lithium/Eskalith/Lithobid	600–2400
lamotrigine/Lamictal	50–500
olanzapine+fluoxetine/Symbyax	6/25–12/50
risperidone/Risperdal	4–16

Anticonvulsants for Mania

carbamazepine/Tegretol	600–1600
gabapentin/Neurontin	900–1800
oxcarbazepine/Trileptal	300–1200
tiagabine/Gabitril	4–56
topiramate/Topamax	25–400
valproate/Depakene/Depakote	750

Central Nervous System (CNS) Stimulants

atomoxetine/Strattera	40–80
caffeine (100 mg. per cup)	—
cocaine	—
dextroamphetamine/ Dexedrine	5–40
dextroamphetamine amphetamine/Adderall	2.5–40
methamphetamine/Methedrine/Desoxyn	5–25
methylphenidate/Ritalin/Concerta	5–50
modafinil/Provigil	100–200
nicotine	—

Antipsychotic Medications

Generic name/Brand name Avg. daily dose (mg)

First Generation Antipsychotics (FGAs)

chlorpromazine/Thorazine	50–1500
fluphenazine/Prolixin	3–45
haloperidol/Haldol	2–40
loxapine/Loxitane	50–250
molindone/Moban	20–225
perphenazine/Trilafon	8–60
thioridazine/Mellaril	150–800

Second Generation Antipsychotics (SGAs)

clozapine/Clozaril	300–900
olanzapine/Zyprexa/ Zydis (soluble on tongue)	5–20
quetiapine/Seroquel	25–400
risperidone/Risperdal	4–16
ziprasidone/Geodon	40–160

Dopamine System Stabilizers (DSSs)

aripiprazole/Abilify	10–15
----------------------	-------

Antidepressant Medications

Generic name/Brand name Avg. daily dose (mg)

Tricyclic & Heterocyclic Antidepressants (TCAs & HCAs)

amitriptyline/Elavil	50–300
clomipramine/Anafranil	25–250
desipramine/Norpramin	100–300
doxepin/Sinequan/Adapin	100–300
imipramine/Tofranil	25–300
maprotiline/Ludiomil	150–225
nortriptyline/Aventyl/Pamelor	50–150
protriptyline/Vivactil	20–60
trazadone/Desyrel	200–400

Monoamine Oxidase Inhibitors (MAOIs)

isocarboxazid/Marplan	10–60
phenelzine/Nardil	30–90
tranylcypromine/Parnate	20–60
selegiline/Eldepryl (transdermal)	5–20

Selective Serotonin Reuptake Inhibitors (SSRIs)

citalopram/Celexa	10–60
escitalopram/Lexapro	10
fluoxetine/Prozac	10–80
fluvoxamine/Luvox	50–300
paroxetine/Paxil	10–60
sertraline/Zoloft	25–200
venlafaxine/Effexor (an SNRI at higher dose ranges)	75–375

Atypical Antidepressants

amoxapine/Asendin	150–400
aprepitant/Emend	not yet available
bupropion/Wellbutrin/Zyban	200–450
mirtazapine/Remeron	15–45
nefazodone/Serzone	100–500
venlafaxine/Effexor (an SNRI)	75–375

DOSES ARE ORAL UNLESS INDICATED.

THIS IS NOT A COMPLETE LIST.
SEE WWW.RXLIST.COM FOR UP-TO-DATE
INFORMATION ON PRESCRIPTION DRUGS.

From the book

Drugs & Clients

What Every Psychotherapist Needs to Know

by Padma Catell, PhD

www.drugsandclients.com

© Solarium Press • All Rights Reserved

Medications for Dementia

- anti-amyloid treatments (gene therapy or vaccines)
- antioxidants
- COX-2 inhibitors
- ginkgo (increases blood flow into the CNS)
- hormone replacement therapy (estrogens or androgens)
- neurotropic agents (human nerve growth factor)
- nicotine (stimulates ACh)
- NSAIDs (nonsteroidal anti-inflammatory drugs)
- phosphatidylserine/PtdSer (a natural fat-soluble nutrient)
- selegiline/Eldepryl
 - statin drugs (to lower cholesterol)
 - vitamin C
 - vitamin E

Misc. Medications

Generic name/Brand name	Avg. daily dose (mg)
benztropine/Cogentin	150–250
disulfiram/Antabuse	125–500
nalmefene/Revox	varies
naloxone/Narcan (i.v.)	.04–2
naltrexone/Trexan/ReVia	25–150
nizatidine/Axid	75–300
ondansetron/Zofran	4–300
sildenafil/Viagra	25–100
yohimbine/Actibine/ Yocon/Yohimex	2.5–16

Table F 1