Medications & Their Side Effects

APMRT
Alabama Psychiatric Medication Review Team
A Collaboration between Auburn University Department of Psychology & AL-DHR

There are many other types of medications used, these listed are the most common in children and adolescents.

Medication Type	Common Medications	Common Side Effects	Lab Work/Monitoring to Ask About
Antipsychotics *(old/typical/first generation)*	Haldol (haloperidol) Trilafon (perphenazine) Thorazine (chlorpromazine)	Extrapyramidal Side Effects (akathisia, dystonia, muscle stiffness, tardive dyskinesia), dry mouth, eyes, constipation, weight gain, ED, sedation, low blood pressure, vision changes	• Complete blood count (starting the med) • Comprehensive metabolic panel (liver/kidney function) • EKG • Prolactin (if breast changes) • Creatine kinase
Antipsychotics *(new/atypical/second generation)*	Seroquel (quetiapine) Abilify (aripiprazole) Risperdal (risperidone)	Weight gain, increased cholesterol, insulin resistance (diabetes development), headache, agitation, insomnia, akathisia, tremor, fatigue, liver impairment, breast changes, vision changes	• Fasting Glucose / HbA1c (starting the med & yearly) • Lipid Panel (starting the med & yearly) • Weight / BMI monitoring • Comprehensive metabolic panel (liver function) • Prolactin (if breast changes) • EKG
ADHD Medications *(stimulants)*	Adderall (dextroamphetamine and amphetamine salts) Focalin (dexmethylphenidate) Ritalin (methylphenidate)	Loss of appetite, headache, insomnia, abdominal pain, weight loss, anxiety, vomiting, increased heart rate, infection, nausea, emotional lability/ mood swings/ irritability, dizziness, diarrhea, tics	• Blood pressure and heart rate (starting the med & regularly) • EKG • Weight and growth monitoring • Liver Function Test (rare, only if doctor recommends)
ADHD Medications *(nonstimulants)*	Tenex (guanfacine) Kapvay/Intuniv (clonidine) *Note: Guanfacine ER and Clonidine ER are often used for ADHD and sleep/aggression support*	Headache, dizziness, fatigue, skin reactions, dry mouth, constipation, low blood pressure, anxiety, nightmares, insomnia, abdominal pain, decreased appetite	• Blood pressure and heart rate (starting the med & regularly) • EKG • Comprehensive metabolic panel (monitor electrolytes and liver if needed)

Medication Type	Common Medications	Common Side Effects	Recommended Lab Work & Monitoring
SSRIs (selective serotonin reuptake inhibitors)	Prozac (fluoxetine) Zoloft (sertraline) Lexapro (escitalopram)*	GI upset, headaches, sleep changes, irritability, behavioral activation	• Mood changes / increased agitation • Suicidal ideation • Appetite / weight changes
SNRIs (selective norepinephrine reuptake inhibitors)	Cymbalta (duloxetine) Effexor XR (venlafaxine)	GI upset, headaches, sleep changes, irritability, behavioral activation, sweating, increased heart rate, fatigue	• Blood pressure • Mood / behavioral shifts • Adherence to prescription

Managing Side Effects

Headache	Acetaminophen (unless liver concerns), Ibuprofen (unless kidney concerns), rest in a dark room, gentle pressure and/or heat on the head/eyes, fluid intake, massage Change medication if persistent	**Sexual Dysfunction**	Avoid other substances that contribute Consider adding Wellbutrin or ED medications (men) Change medication if persistent
Nausea / GI Issues	Constipation: exercise, fiber, increased fluid intake Diarrhea: probiotics, zero sugar sports drinks Nausea: take medication with food, small frequent meals, bland foods (if vomiting, switch medications)	**Fatigue or Sedation**	Reduce dose Move medication to bedtime Change medication if persistent
Dry Mouth	Regular dental appointments Chew hard candy or gum (sugar free) Increase water intake Low sugar/acid diet	**Weight Gain**	Exercise Reduce caloric intake Eat more slowly Increase water intake Ensure adequate sleep Change medication if persistent or severe