

Medications used in bipolar affective disorder (based on NICE guidance)⁹

Phase of illness	Treatment	Notes
Mania	Olanzapine	Higher metabolic risk, sedative
	Quetiapine	Moderate metabolic risk, recommended for maintenance
	Risperidone	Moderate metabolic risk
	Lithium	If already taking lithium then optimise dose and add an antipsychotic
Depression	Quetiapine	
	Olanzapine-fluoxetine	
	Olanzapine	Can only use with mood stabiliser
	SSRI	Combined with SSRI, olanzapine or lamotrigine
	Lithium	Acute effects often disappointing
	Lamotrigine	Advise the patient to contact the doctor if a rash develops
Maintenance	Lithium	Requires monitoring (generally aim for 0.6-0.8 mmol/L) Advise patients to avoid NSAIDs
	Quetiapine	
	Olanzapine	
	Valproate	Cannot be used in women of childbearing age
	Lamotrigine	Particular efficacy in preventing bipolar depression