

Monitoring requirements for drugs used in bipolar disorder. Adapted from The Maudsley Prescribing Guidelines²⁸

Drug	Baseline checks	Monitoring
Lithium	ECG if cardiac problems or ≥ 45 years U&Es (including creatinine) Calcium TFTs	● Lithium level 5-7 days after dose change then 3 monthly ● U&Es and TFTs 6 monthly ● Calcium and ECG (if indicated) yearly
Second generation antipsychotics	Weight, BP, pulse, ECG FBC, U&Es, LFTs, HbA _{1c} , lipid profile	● Weekly weight initially, then at least annually ● HbA_{1c} and cholesterol three monthly for first year then annually ● Prolactin if amenorrhea or reduced libido
Valproate	Weight, U&Es (including creatinine), FBC, LFTs	● Weight, FBC, LFTs annually
Lamotrigine	Advise to seek emergency attention if a rash develops	