

Psychotropic medications are drugs prescribed by a licensed practitioner (Doctor, ARNP, PA) that are used to treat illnesses that effect the function, behavior, or experience of the brain. These types of drugs can be prescribed to treat emotional or behavioral problems in children.

Drugs used to treat ADHD are considered psychotropic medications. In addition, this type of medication is used to treat depression, bipolar disorder, schizophrenia, obsessive compulsive disorder, and many other emotional/behavioral conditions.

**WHAT DO I NEED TO DO IF MY CHILD IS PRESCRIBED A PSYCHOTROPIC MEDICATION?**

Talk to the prescribing practitioner about the medication.

Find out the reason the medication is being prescribed. Ask about the diagnosis and symptoms.

**Here are some other questions you may want to ask:**

What alternatives are there for the condition instead of medication?

What improvements/changes in behaviors can be expected with the medication?

Is there any risk or harm to the child if he/she does not take the medications?  
If so, what are they?

What are the side effects of the medications and how should they be treated?

Which side effects could be life threatening?

What if my child stops taking the medication suddenly?

How often should I monitor my child while he/she is on the medicine?

How long will my child be on the medication?

**WHAT DOES "INFORMED CONSENT" MEAN?**

When your child is prescribed a psychotropic medication, State law requires that you are informed about the medication, its purpose, side effects, risks, and treatment alternatives. You should talk directly with the person prescribing the medicine to your child and get the information you need to make an informed decision about consenting for your child to receive the medication.

**WHAT IF I DO NOT GIVE MY CONSENT?**

If you do not give your consent and the prescribing professional believes your child is at risk, a court order may be requested and a hearing scheduled. You will be notified of the hearing date and given an opportunity to present your objections to the judge.

**IF I GIVE MY CONSENT, CAN I WITHDRAW MY CONSENT?**

Yes, at anytime you may decide to withdraw your consent. However, if the prescribing professional believes this may place your child at risk, a court order may be requested.

**ADDITIONAL RESOURCES:**

You may call the University of Florida MedConsult: 1-866-453-2266 to inquire about the medications prescribed to your child or talk to your pharmacist.



**Family Support Services**  
OF NORTH FLORIDA INC.

SERVING DUVAL AND NASSAU COUNTIES

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**UNDERSTANDING PSYCHOTROPIC MEDICATIONS**

THIS PAMPHLET IS DESIGNED TO HELP YOU UNDERSTAND THE DRUGS THAT MAY BE PRESCRIBED FOR YOUR CHILD.



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## COMMON PSYCHOTROPIC MEDICATIONS AND CONDITIONS THEY TREAT?

DRUG	SYMPTOMS	WHAT TO WATCH FOR
<b>DRUGS USED FOR ADD AND ADHD</b>		
<p><b>STIMULANTS</b> Ritalin, Metadate, Methylphen, Concerta, Daytrana, Focalin, (methylphenidate)</p> <p><b>NON-STIMULANT</b> Strattera (atomoxetine)</p>	<p>Signs of <b>inattention</b> include being easily distracted, failing to pay attention to details, making careless mistakes, not following directions, forgetting or losing things, failing to finish tasks, and skipping from one uncompleted task to another.</p> <p>Signs of <b>hyperactivity-impulsivity</b> include fidgeting or squirming, running, climbing, or leaving a seat at inappropriate times, blurting out answers, and difficulty waiting in line or taking turns.</p> <p>Symptoms of ADD and ADHD described above.</p>	<p>Nervousness, insomnia, decreased appetite, weight loss, headaches, stomach aches, skin rash, jitteriness, and social withdrawal.</p> <p><small>The FDA warns of serious cardiac and cardiovascular risks—including sudden death—associated with use of methylphenidate or dexamethylphenidate in children, adolescents, and adults.</small></p> <p>Overdose is characterized by vomiting, agitation, tremors, muscle twitching, convulsions, sweating, and cardiac arrhythmias. Contact a poison control center.</p> <p>Anxiety, agitation, panic attacks, insomnia, hostility, irritability, aggressiveness, mania.</p>
<b>ANTIDEPRESSANTS FOR DEPRESSION, MOOD DISORDERS, OBSESSIVE-COMPULSIVE DISORDER</b>		
<p>Prozac (fluoxetine). This is the only SSRI currently FDA approved for use with depression in children. Also FDA approved for treating OCD in children.</p> <p>Celexa (citalopram)                      Effexor (venlafaxine) Lexapro (escitalopram)                Remeron (mirtazapine) Wellbutrin (bupropion)                Zoloft (sertraline) Zyprexa (olanzapine)</p> <p>Fluvoxamine maleate (Luvox), approved for pediatric OCD.</p> <p>Anafranil (clomipramine), approved for pediatric OCD.</p> <p>Paxil (paroxetine) is not recommended for use in pediatric patients</p> <p>Risperdal (risperidone) is approved for pediatric mania or mixed episodes of bipolar 1 disorder</p>	<p><b>Depression:</b> Persistent sad, anxious, or "empty" mood; feelings of hopelessness, pessimism; feelings of guilt, worthlessness and helplessness; loss of interest or pleasure in usual activities; slowed thinking or impaired concentration; a suicide attempt or thoughts of suicide.</p> <p><b>Obsessive-compulsive disorder (OCD):</b> Recurrent unwanted ideas, thoughts, impulses, or images (obsessions) that are repetitive and provoke anxiety, accompanied by behaviors or rituals (compulsions) to control the anxiety but which are recognized as excessive.</p> <p><b>Other anxiety disorders</b></p> <p><i>Panic disorder</i>—sudden attacks of terror, pounding heart, sweating, faintness.</p> <p><i>Post-traumatic stress disorder (PTSD)</i>—startled response, irritability, aggression, violence.</p> <p><i>Social anxiety disorder (SAD)</i>—extreme self-consciousness, fear of being watched, anxiety.</p> <p><i>Generalized anxiety disorder (GAD)</i>—exaggerated worry or tension, insomnia; trembling, irritability.</p>	<p>Worsening depression, anxiety, agitation, panic attacks, insomnia, irritability, mania, impulsivity, restlessness, decreases appetite; rash or hives; thoughts of suicide, attempted suicide; in rare cases, seizure.</p> <p><small>Suicidality: patients should be closely monitored for signs of worsening illness, suicidal thoughts or actions, or unusual changes in behaviors.</small></p>
<b>OTHER PSYCHOTROPIC DRUGS USED TO MANAGE ADD/ADHD, ANXIETY, OR DEPRESSION</b>		
<p>Buspar (buspirone)</p> <p>Inderal ((propranolol)</p> <p>Wellbutrin, Zyban (bupropion)</p> <p>Efferor (venlafaxine)</p>	<p>Anxiety, nervous tension; panic attacks; aggressive behavior.</p> <p>Other anxiety disorders.</p> <p>Major Depressive Disorder.</p> <p>Depression, as defined above.</p>	<p>Dizziness, nausea, headache, nervousness, lightheadedness, and excitement; slowness or sedative effect.</p> <p>Insomnia, excessive tiredness, nausea, vomiting, diarrhea, rash, difficulty breathing; fever, sore throat, swelling of feet or hands, slow heartbeat, chest pain.</p> <p>Agitation, anxiety, insomnia; hypertension; possible hallucinations or delusions; weight loss. Dose related risk of seizure.</p> <p>Decreased appetite, headache, nausea, diarrhea; drowsiness, insomnia, sweating, dry mouth, dizziness, restlessness.</p> <p>Suicidality; serotonin syndrome.</p>
<b>ATYPICAL ANTIPSYCHOTICS USED IN PSYCHOTIC DISORDERS AND DEMENTIA</b>		
<p>Risperdal (risperidone), is approved for pediatric schizophrenia and mania or mixed episodes of bipolar I disorder</p> <p>Abilify (aripiprazole)    Clozaril (clozapine)    Geodon (ziprasidone) Seroquel (quetiapine)                      Symbyax (olanzapine and fluoxetine) Zyprexa (olanzapine)</p>	<p>Indicated for schizophrenia, bipolar disorder; mania; or mixed episodes.</p>	<p>Sleepiness, increased appetite, fatigue, respiratory infections; nausea, vomiting, dizziness, dry mouth. Hyperglycemia, diabetes mellitus; hypotension; cognitive and motor impairments. Rare: serious cardiac and neuromuscular effects.</p>
<b>MOOD STABILIZERS USED FOR BIPOLAR DISORDER AND MANIA</b>		
<p>Lithobid, Lithostat (lithium carbonate)</p> <p>Abilify (aripiprazole)</p> <p>Geodon (ziprasidone)</p> <p>Depakotem Depakene (valproate)</p>	<p>Recurrent episodes of depression, mania, and/or mixed symptom states; extreme shifts in mood, energy, and behavior; overly inflated self-esteem; decreased need for sleep; talkativeness, distractibility; hypersexuality; increased goal-directed activity or agitation.</p>	<p>Nausea, drowsiness, dizziness, vomiting, abdominal pain; headache; tremor. Severe abdominal pain, nausea, and vomiting may be symptomatic of rare but severe pancreatitis and liver disease.</p>