

Lithium therapy Record booklet

This record contains information that will also be held in your patient record.

Take this record booklet with you each time you:

- see your GP
- attend a clinic
- are admitted to hospital
- visit a community pharmacy
- request a new prescription
- have a prescription dispensed.

Use it to:

1. remind you when your next lithium blood level test is due
2. keep a record of your health checks
3. keep a record of your lithium blood levels
4. monitor your health and lithium therapy.



Your information

Name:
Address:
Post code:
Phone number:

Your mental health provider's information

Emergency call:
Name of clinician/consultant:
Phone number:

Your community health provider's information

Emergency call:
Name of practice:
Name of GP:
Phone number:

Personal contact (optional)

Emergency call:
Phone number:

Your treatment

Day treatment started:	Brand of lithium:
Tablet – strength (as carbonate salt)	Tablet – daily dose in mg:

Blood level range

Blood level (mmol/L) should not be above:

Blood level (mmol/L) should not be below:

People managing your lithium therapy

Signs and symptoms of toxicity

You should regularly self-monitor symptoms that are related to lithium toxicity.

It is important to remember that lithium toxicity can occur even when your lithium levels are within the range your doctor has decided on.

This is why it is important to be aware of the triggers and early warning signs of lithium toxicity including:

- Polyuria (excessive urination) and polydipsia (excessive thirst) are indicators that your kidney function may be affected.
- Syncope (fainting), dizziness, arrhythmias (heart palpitations) and bradycardia (slowed heart rate) are indicators your heart function may be affected.
- Drowsiness, fatigue and lethargy (tiredness), confusion, lack of coordination, seizures, and coarse tremors.

Keep a record of lithium serum concentrations and relevant clinical tests. (e.g. calcium levels, kidney and thyroid function tests, weight).

**IN CASE OF OVERDOSE
OR POISONING CONTACT THE
POISONS INFORMATION CENTRE ON**

13 11 26

**This document can be made available in alternative formats
on request for a person with a disability.**

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009
Telephone: (08) 6456 2222
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Government of **Western Australia**
Child and Adolescent Health Service

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