

Information about Lithium

This is an easy way to say...Lith ...ee...um



What is Lithium?



Lithium is a medication that will help if you have a

- bipolar disorder
- mania
- depression

Lithium can sometimes be called a different name like

- **Priadel**
- **Liskonium**
- **Camcolit**
- **Li-liquid.**

Lithium can be taken as tablets or liquid medicine.

Where do I get Lithium?



You can only get this medication with a prescription.

The doctor or consultant

- Will ask you questions about your health
- Will check your blood pressure
- Will ask you if you are taking other medication
- Will tell you when you need to have blood tests
- Will tell you when you need to have an electrocardiograph



An electrocardiograph is a test to check your heart

How do I take Lithium?



The doctor will talk to you about how much Lithium you need to take.

The doctor will tell you how to take your Lithium. You need to take Lithium for some time so that it works best.



You will usually take Lithium tablets at night. You will usually take Lithium liquid medicine in the morning and in the evening.



If you forget to take your medication you must tell your carer and ask your doctor for advice.



You should not stop taking your medication suddenly as this could make you feel unwell.



What is good about Lithium?



Lithium can help you get better quicker if you have

- bipolar disorder
- mania
- depression

Lithium can help you stop feeling low and fed up.

Lithium can help you stop wanting to hurt yourself or others.

Lithium also helps you to stop feeling angry or tense.



What is not good about Lithium?



There are some health problems that people can get when they take Lithium.

These problems are called **side effects** but not everyone gets them.



- Feeling thirsty
- Need to have a wee more often
- Feel hungry and put on weight

You should eat a healthy diet and drink fruit juice or water.

You should drink at least **8 glasses of water**.



You will need to speak to your doctor if you

- Have a rash on your skin
- Have swelling in your ankles
- Lose interest in sex
- Feel unwell



You must speak to your doctor today if you

- Have the runs
- Your hands shake
- Feel unsteady
- Have problems seeing
- Feel sick
- Have fits
- Feel very tired

What other things do I need to talk to the doctor about?



You should talk to your doctor if

- You are worried about your medication.
- You want to know how much alcohol is safe to drink when taking medication.
- You are planning to have a baby.

The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.

The full information sheet about Lithium medication should also be given to the service user, carers and staff.

© CWP NHS Foundation Trust

Leaflet code: E-IAL-10-404

The information in this leaflet was valid at the date of production
February 2015 and is due for review in **February 2018**