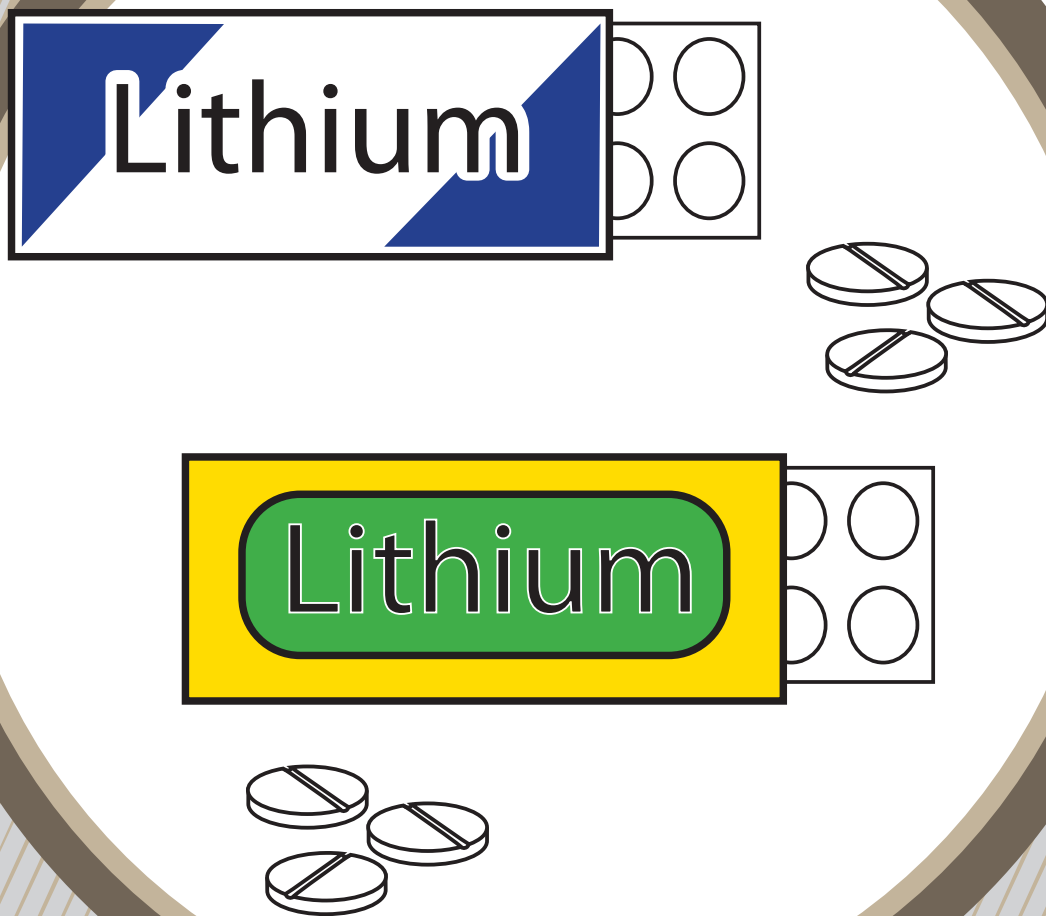


lithium

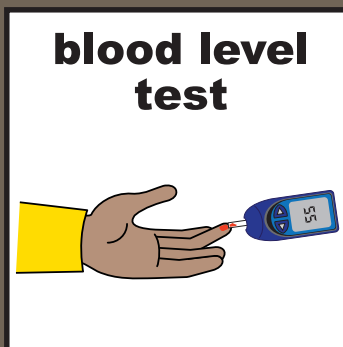
record book



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



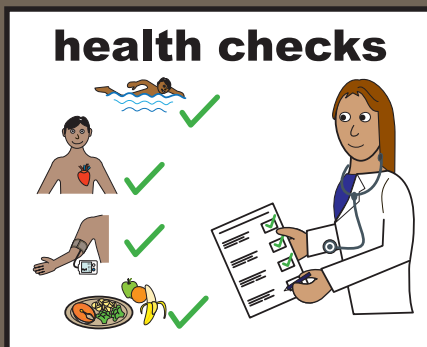
This record book contains information that will also be held in your patient records.



blood level test

Use it:

To remind you when your next lithium blood level test is due.



health checks

To keep a record of your health checks.



keep a record

To keep a record of your lithium blood levels.

To monitor your health and lithium therapy.

Remember not to take Lithium on the day of your test.

There should be 12 hour between the last dose of lithium and the blood levels checks.

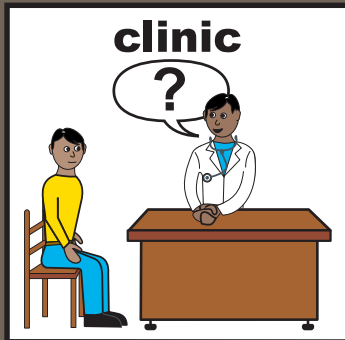
Take this record book with you each time you:

doctor



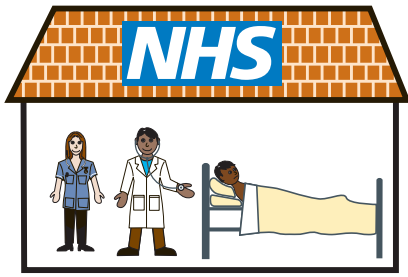
See your GP

clinic



Attend a clinic

hospital



Are admitted to hospital

pharmacist



Visit a community pharmacy;
request a new prescription
or a prescription dispensed.



Your information: NHS Number:



Your name:



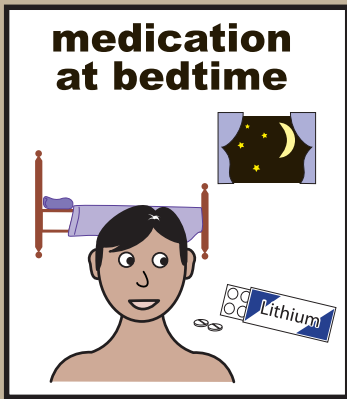
Address:



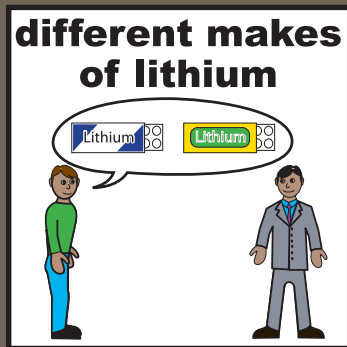
Home telephone:



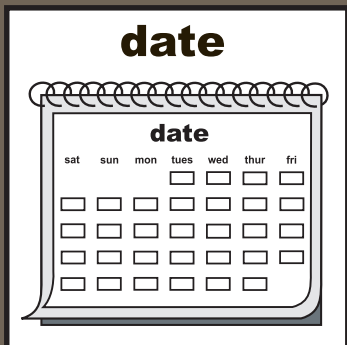
Mobile telephone:



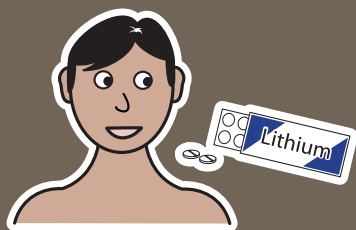
TREATMENT:
**Lithium is usually
prescribed at bedtime.**



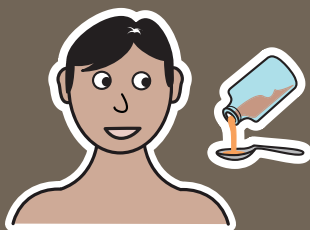
Brand of Lithium:



Date treatment started:



Tablet – strength:
Tablet –daily dose in mg:



Liquid – strength
Liquid –daily dose in ml:

People managing your lithium therapy:

Your community health provider's information

doctor



Name of GP:

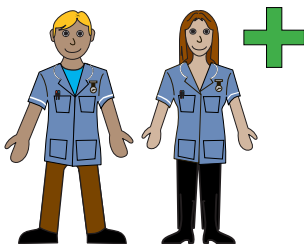
Name of surgery:

address and telephone



Tel number:

nurse



Name of nurse:

Address:

address and telephone

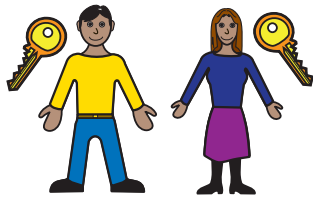


Tel number:

People managing your lithium therapy:

Your community health provider's information

keyworker



Name of keyworker:

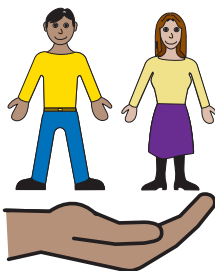
Address:

address and telephone



Tel number:

carer



Name of carer:

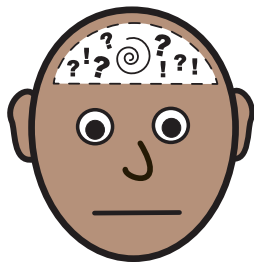
Address:

address and telephone



Tel number:

mental health



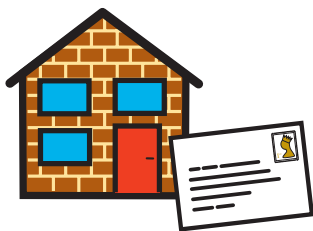
Your mental health provider's information

psychiatrist



Name of your psychiatrist:

address



Address:

phone



Tel number:

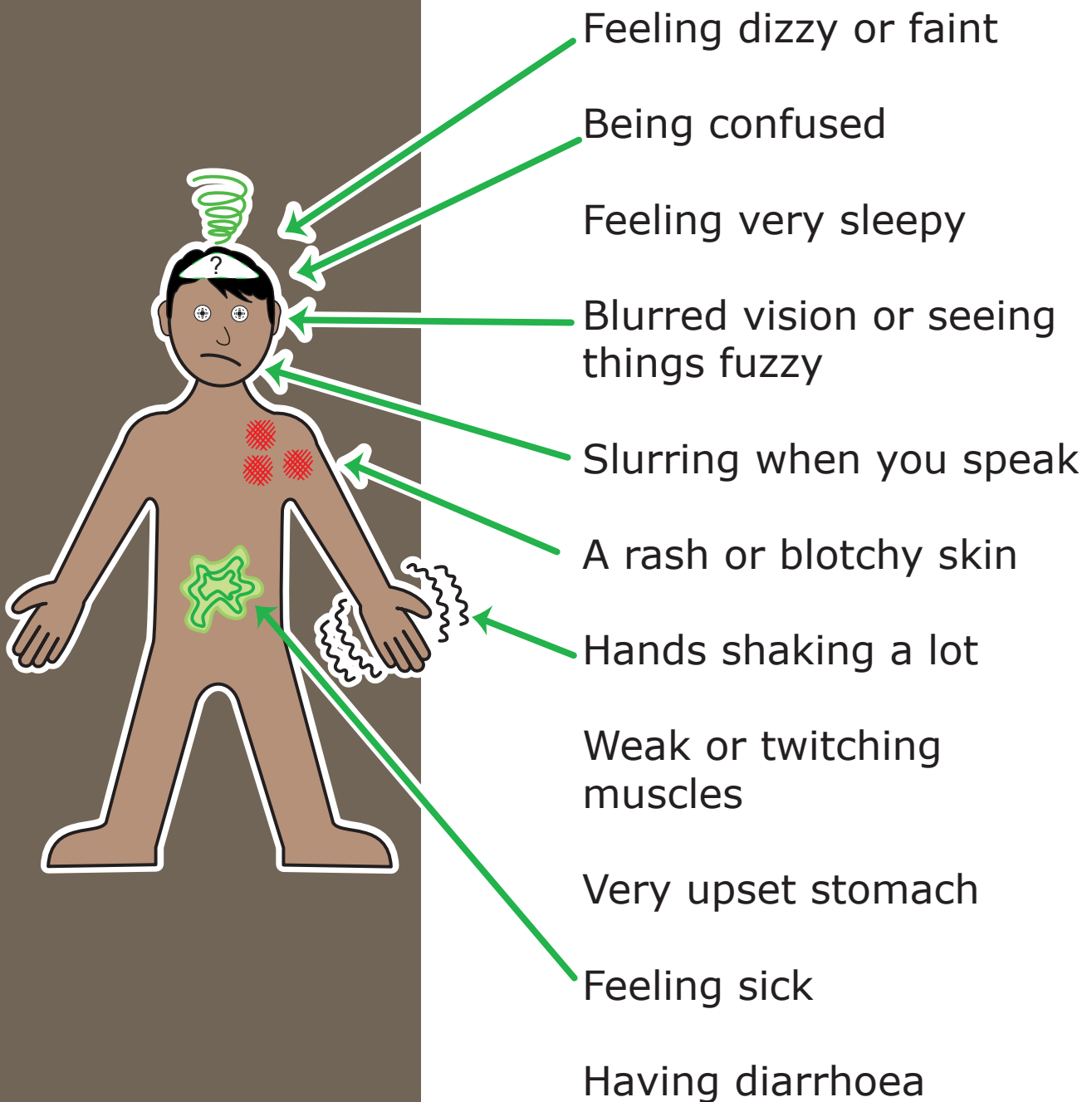
fax



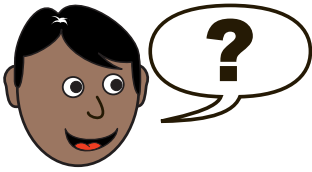
Fax number:

Signs and symptoms of lithium toxicity

Some signs and symptoms are similar to the side effects of treatment when a patient is first commenced on the medication; if there is any doubt, seek medical advice.



what



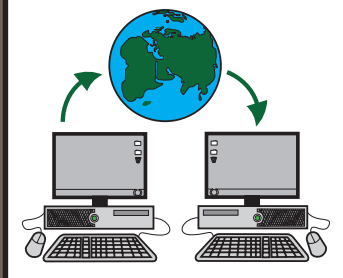
What can cause high levels of lithium?

Dehydration – patients should be encouraged to maintain their fluid intake (particularly if they have been sweating, or had a fever). An adult is recommended to drink 8 glasses of water a day under normal circumstances and increase if

Large decreases in salt – patients do not need a special diet when prescribed lithium, but should be aware that changes in diet to a low salt diet can affect how lithium is removed from the body

Other medicines – Prescribers should be aware that the patient is prescribed lithium and monitor the patient more frequently if necessary when a new drug is commenced only if the new drug is one known to affect how lithium is removed from the body.

website



Npsa: Important information for patients, available online
<http://www.nrls.npsa.nhs.uk>

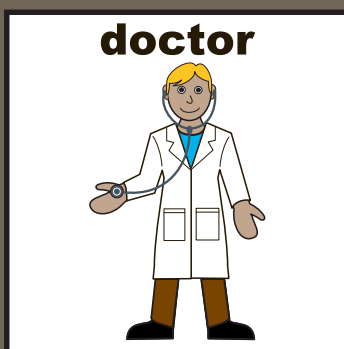
Lithium toxicity can be a serious complication if left. Medical advice should be sought as soon as possible if there are concerns.



In an emergency call:

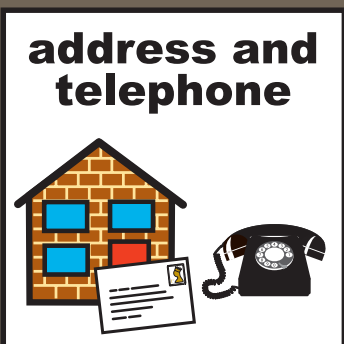


NHS Direct:
08454647



Name of GP:

Name of surgery:



Tel number:



Personal emergency contact
(optional)



In an emergency call:
Tel number:



In an emergency call:
Tel number:



In an emergency call:
Tel number:



In an emergency call:
Tel number:



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Designed by easy on the *i*
with Julie Pierre RNLD