

Your guide to your medication:

Lithium Carbonate

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

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Lithium Carbonate

- Lithium Carbonate is used to stabilise your mood.

Before using this medicine

- Inform your doctor if you have heart or kidney disease, high blood pressure, thyroid disease, leukaemia, or low sodium levels (symptoms may include confusion, headache, nausea, vomiting, tiredness, and cramps).
- **For women: Lithium may cause birth defects. Inform your doctor if you are pregnant or breastfeeding, or plan to become pregnant.**

How this medication should be administered

- Follow the directions on your medicine label or take as directed by your doctor. Continue to take the medicine regularly and do not stop taking it without checking with your doctor. This medicine must be taken regularly for a few weeks before it can fully take effect.
- The tablet must be swallowed whole or halved; do not crush or chew it.

Precautions while taking this medicine

- Ensure adequate fluid intake as the loss of too much water and salt from your body may cause serious side effects. Possible conditions that can cause the loss of fluid include an infection or illness that causes heavy sweating, vomiting or diarrhoea, doing strenuous exercise or being under the hot weather.
- Lithium may impair your ability to perform skilled tasks such as driving and operating machineries.
- Lithium may interact with other medicines. Inform all your doctors, pharmacists, and other healthcare providers about all the medicines and natural remedies that you are taking.

Possible common side effects (generally affects up to 10% of the patients)

Similar to all medications, lithium carbonate may also cause some possible side effects in some people. Inform your doctor or pharmacist should these side effects become too bothersome.

- Thirst, dry mouth
- Nausea, vomiting, diarrhoea
- Loss of appetite
- Bloating or pain in the stomach
- Headache
- Fine hand movements that are difficult to control
- Joint or muscle pain

For urgent medical attention

Consult your doctor as soon as possible if you have any of the following symptoms:

- Ringing in the ears
- Urinating more often
- Severe diarrhoea or vomiting
- Extreme tiredness
- Blurred vision
- Confusion, clumsiness, dizziness
- Seizures (fits)
- Irregular heart beat

If you have any concerns about your medication, please consult your doctor or pharmacist