

## Mental Health (General Adult Psychiatry) Specialist Formulary List




**\*\*Other indications for particular drugs may be included on completion of further specialist lists\*\***






Formulary medicines generally provide first and second-line treatment options. The undernoted sections of the Tayside Area Formulary (TAF) should be used in conjunction with this specialist formulary list.

For information on use of unlicensed medicines or medicines used 'off-label' - [click here](#)






**The following medicines are approved for prescribing by or on the recommendation of a Psychiatrist:**

In the event of a broken link please forward details to [carol.walkinshaw@nhs.scot](mailto:carol.walkinshaw@nhs.scot)  
Please include the location and full title of the link


MEDICINE	SUMMARY OF RESTRICTED INDICATION	CATEGORY	PROTOCOL
<b>Second-generation antipsychotic drugs (atypical antipsychotic drugs)</b> See formulary chapter <a href="#">04.02.01</a> for further information on antipsychotic drugs.			
Olanzapine tablets, orodispersible tablets	Schizophrenia, combination therapy for mania, preventing recurrence in bipolar disorder. Monotherapy for mania.	 Amber	<a href="#">Algorithm for antipsychotic treatment of schizophrenia</a> <i>under review</i> (NHS Tayside Staffnet intranet link).
Quetiapine immediate release (IR) tablets	Schizophrenia. Treatment of manic episodes in bipolar disorder.  Psychosis in patients with Parkinson's disease (unlicensed use 'off-label'). <i>Modified-release (MR) tablets and liquid formulations are significantly more expensive than standard (immediate-release (IR)) tablets and should only be prescribed where clinically appropriate. The MR tablets should only be used where risk of non-concordance with a twice daily regimen of medication outweighs the cost of using the MR formulation. The liquid formulations should only be used where a patient has swallowing difficulties, requires medication to be given covertly or as a means of ensuring concordance.</i>	 Amber	
Risperidone tablets, oral solution	Treatment of schizophrenia. Treatment of moderate to severe manic episodes associated with bipolar disorders.	 Amber	







	<i>For patients with swallowing difficulties, on the covert pathway or who are at risk of secreting their medication use liquid risperidone as the orodispersible formulation is significantly more expensive.</i>		
Amisulpride tablets	Schizophrenia.  <i>The liquid formulation is significantly more expensive than tablet and should only be prescribed where clinically appropriate. The liquid formulation should only be used where a patient has swallowing difficulties, requires medication to be given covertly or as a means of ensuring concordance.</i>	 Amber	<a href="#">Algorithm for antipsychotic treatment of schizophrenia under review</a> (NHS Tayside Staffnet intranet link).
Aripiprazole tablets, orodispersible tablets	Schizophrenia (in adults) where patients have experienced unacceptable adverse effects on previous treatment or in patients at increased risk of developing adverse effects.  <i>For patients with swallowing difficulties, on the covert pathway or who are at risk of secreting their medication use the orodispersible formulation of aripiprazole as the liquid formulation is significantly more expensive.</i>	 Amber	
Clozapine tablets (Clozaril®)	Schizophrenia (treatment resistant) -patients unresponsive to at least 2 antipsychotics, one being atypical.  Psychosis in Parkinson's disease.	 Red	
Aripiprazole 7.5mg/mL solution for injection (intramuscular, short-acting)	For rapid control of agitation and disturbed behaviours in patients with schizophrenia or with manic episodes in Bipolar Disorder, when oral therapy is not appropriate.  <b>**Do not confuse with prolonged-release 400mg (200mg/mL) long-acting injection**</b>	 Red	<a href="#">Pharmacological Management of Acute Behavioural Disturbance in Adult In-Patient Mental Health Services under review</a> (NHS Tayside Staffnet intranet link)
Olanzapine short-acting injection, powder for solution for injection (Zyprexa®)	For rapid control of agitation and disturbed behaviours in patients with schizophrenia or with manic episodes in Bipolar Disorder, when oral therapy is not appropriate.  <b>**Do not confuse with olanzapine pamoate prolonged release suspension for injection (Zypadhera®)**</b>	 Red	

**First-generation antipsychotic drugs (typical antipsychotic drugs).**See formulary chapter [04.02.01](#) for further information on antipsychotic drugs.


Haloperidol, tablets, oral solution	Treatment of schizophrenia, schizoaffective disorder and moderate to severe manic episodes associated with bipolar disorder. Treatment of acute psychomotor agitation associated with psychotic disorder or manic episodes of bipolar I disorder. Treatment of tic disorders, including Tourette's syndrome, in patients with severe impairment after educational, psychological and other pharmacological treatments have failed.	 Amber	<a href="#">Algorithm for antipsychotic treatment of schizophrenia</a> <i>under review</i> (NHS Tayside Staffnet intranet link).
Chlorpromazine tablets, oral solution	Schizophrenia and other psychoses (especially paranoia), mania and hypomania. In anxiety, psychomotor agitation, excitement, violent or dangerously impulsive behaviour. Is used as an adjunct in the short-term management of these conditions.	 Amber	
Zuclopenthixol tablets	Schizophrenia and other psychoses.	 Amber	<a href="#">Algorithm for antipsychotic treatment of schizophrenia</a> <i>under review</i> (NHS Tayside Staffnet intranet link).
Haloperidol injection 5mg/mL	Short-term management of psychomotor agitation, excitement, and violent or dangerously impulsive behaviour associated with schizophrenia and other psychoses and mania, <b>when oral route not possible</b> .	 Red (may be prescribed by GPs in a Psychiatric Emergency)	<a href="#">Pharmacological Management of Acute Behavioural Disturbance in Adult In-Patient Mental Health Services</a> <i>under review</i> (NHS Tayside Staffnet intranet link)
Zuclopenthixol acetate injection (Clopixol Acuphase®)	Short-term management of acute psychosis, mania, or exacerbations of chronic psychosis.  Duration of action is 2-3 days.	 Red	<a href="#">Pharmacological Management of Acute Behavioural Disturbance in Adult In-Patient Mental Health Services</a> <i>under review</i> (NHS Tayside Staffnet intranet link).

**Benzodiazepines for pharmacological management of acute behavioural disturbance****Lorazepam (oral tablets) is a Green traffic light formulary benzodiazepine for acute behavioural disturbance**




Lorazepam injection	Acute management of violent / disturbed behaviour <b>when oral route not possible</b> (unlicensed use 'off-label') Licensed indications include treatment of acute anxiety	 Red (may be prescribed by GPs in a	<a href="#">Pharmacological Management of Acute Behavioural Disturbance in Adult In-Patient Mental Health Services</a> <i>under review</i> (NHS Tayside Staffnet intranet link).
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	states, acute excitement or acute mania.	Psychiatric Emergency)	
<b>Antihistamines for pharmacological management of acute behavioural disturbance</b>			
Promethazine hydrochlorideinjection	Emergency sedation (short-term use) in patients with violent / disturbed behaviour.	 Red (may be prescribed by GPs in a Psychiatric Emergency)	<a href="#">Pharmacological Management of Acute Behavioural Disturbance in Adult In-Patient Mental Health Services</a> <i>under review</i>  (NHS Tayside Staffnet intranet link)
<b>Medication to manage adverse effects of drugs used in mental health conditions including in the pharmacological management of acute behavioural disturbance</b>			
Procyclidine hydrochloride tablets	To control troublesome extrapyramidal symptoms induced by neuroleptic drugs including pseudo-parkinsonism, acute dystonic reactions and akathisia.  <i>The liquid formulation is significantly more expensive than the tablet and should only be prescribed where clinically appropriate. The liquid formulation should only be used where a patient has swallowing difficulties, requires medication to be given covertly or as a means of ensuring concordance.</i>	 Amber	<a href="#">Pharmacological Management of Acute Behavioural Disturbance in Adult In-Patient Mental Health Services</a> <i>under review</i>  (NHS Tayside Staffnet intranet link)
Trihexyphenidyl Hydrochloridetablets	Parkinsonian symptoms induced by antipsychotic drugs.	 Amber	
Orphenadrine hydrochloride, oral solution	May reduce Parkinsonian symptoms induced by antipsychotic drugs.  <i>There is a long term supply problem with orphenadrine tablets.</i>	 Amber	
Flumazenil injection	In addition to resuscitation equipment and medication if benzodiazepine-induced respiratory depression is suspected.	 Red (may be prescribed by GPs in an Emergency)	<a href="#">Pharmacological Management of Acute Behavioural Disturbance in Adult In-Patient Mental Health Services</a> <i>under review</i> (NHS Tayside Staffnet intranet link)
Procyclidine injection	Emergency treatment for acute drug-induced dystonic reactions.	 Amber	

**Benzodiazepines for alcohol withdrawal**



Chlordiazepoxide capsules	Alcohol withdrawal within Mental Health or Substance Misuse Services.	 Amber	<a href="#">NHS Tayside Alcohol Withdrawal Protocol: Chlordiazepoxide</a>
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### Antipsychotic Depot Injections

MEDICINE	SUMMARY OF RESTRICTED INDICATION	CATEGORY	PROTOCOL
Flupentixol decanoate depot injection	<p>Maintenance in schizophrenia and other psychoses.</p> <p>Use should be restricted to those previously stabilised on oral therapy.</p> <p><i>Patients who have not previously received depot antipsychotic should be administered a small test dose to assess tolerability (consult SPC).</i></p>	 Amber  <b>(Note:</b>  Red in Dundee and Perth & Kinross)	<a href="#">Algorithm for antipsychotic treatment of schizophrenia</a> <i>under review</i> (NHS Tayside Staffnet intranet link).
Haloperidol decanoate depot injection	<p>Maintenance in schizophrenia, schizoaffective disorder and other psychoses.</p> <p>Use should be restricted to those previously stabilised on oral therapy.</p> <p><i>Patients who have not previously received depot antipsychotic should be administered a small test dose to assess tolerability (consult SPC).</i></p> <p><i>Do not confuse with haloperidol short-acting injection 5mg/mL (see above).</i></p>		
Zuclopenthixol decanoate depot injection	<p>Maintenance in schizophrenia and other psychoses.</p> <p><i>Patients who have not previously received depot antipsychotic should be administered a small test dose to assess tolerability (consult SPC).</i></p> <p><i>***Do not confuse zuclopenthixol decanoate depot injection 200mg/mL or 500mg/mL with zuclopenthixol acetate injection 50mg/mL (Clopixol Acuphase®)***</i></p>		
Aripiprazole prolonged release suspension for injection, powder and solvent for prolonged-release suspension for injection and pre-filled syringe	<p>Maintenance treatment of schizophrenia in adult patients who have responded to oral aripiprazole</p> <p>Bipolar affective disorder (BAD) [off-label] prescribing only by Mental Health specialists.</p>	 Red	

	<p><b>Note: two-injection initiation of aripiprazole LAI (see Summary of Product Characteristics) should only be considered in specialist cases and NOT be used in people without previous exposure to aripiprazole.</b></p> <p><i>**Do not confuse with aripiprazole short-acting injection 7.5mg/mL**</i></p>		
Risperidone prolonged-release injection	Schizophrenia and other psychoses in patients who have responded to oral risperidone	 Red	
Paliperidone palmitate prolonged-release suspension for injection (monthly)	<p>Maintenance treatment of schizophrenia in adult patients stabilised with oral risperidone.</p> <p><i>**Do not confuse with 3-monthly paliperidone palmitate (Trevicta®)**</i></p>	 Red	<b>Note:</b> Oral paliperidone is not recommended by SMC.

### Mood Stabilisers


MEDICINE	SUMMARY OF RESTRICTED INDICATION	CATEGORY	PROTOCOL
<p>Lithium carbonate tablets, M/R tablets (Priadel®, Camcolit®)</p> <p><i>NB: prescribing should be brand-specific</i></p>	<p>Treatment of acute manic or hypomanic episodes, in the management of recurrent depressive disorders where treatment with other antidepressants has been unsuccessful, for prophylaxis against bipolar affective disorders, in the treatment of aggressive behaviour or intentional self-harm.</p> <p><i>*brand name of Camcolit® 250mg tablets has changed. Prescribe as 'Lithium Carbonate Essential Pharma 250mg film-coated tablets'. Strength and formulation are unchanged*</i></p>	 Amber	<a href="#">National Guidance for monitoring lithium</a>
<p>Lithium citrate liquid (Priadel®)</p> <p><i>NB: prescribing should be brand-specific</i></p>	<p>Treatment of acute manic or hypomanic episodes, in the management of recurrent depressive disorders where treatment with other antidepressants has been unsuccessful, for prophylaxis against bipolar affective disorders, in the treatment of aggressive behaviour or intentional self-harm.</p> <p><i>Lithium citrate liquid (Priadel®) should only be used where a patient has swallowing difficulties; requires medication to be given covertly or as a means of</i></p>	 Amber	<a href="#">National Guidance for monitoring lithium</a>

	<i>ensuring concordance. *Please note dose conversion from tablets to liquid is not equivalent – see SPC for conversion*</i>		
Valproic acid (as semisodium valproate) (Depakote®▼) tablets	<p>Treatment of manic episode in bipolar disorder when lithium is contraindicated or not tolerated. Continuation of treatment after manic episode in patients who have responded to valproic acid for acute mania.</p> <p>Valproate must not be started in new patients (male or female) younger than 55 years, unless two mental health specialists independently consider and document that there is no other effective or tolerated treatment, or there are compelling reasons that the reproductive risks do not apply. For the majority of patients, other effective treatment options are available.</p>	 Amber	<p>Women &amp; girls of child bearing potential must be on the Pregnancy Prevention Programme &amp; be reviewed by a specialist, at least annually, in line with MHRA advice – see formulary section <a href="#">04.02.03</a> for links to MHRA advice. As a precaution, male patients who are planning a family within the next year should speak to a healthcare professional about their treatment options.</p> <p><b>Provide patient information materials</b> at each appointment (i.e. patient guide) or when they receive their medicines (i.e. patient card and leaflet (PIL)).</p>
Sodium valproate tablets e/c crushable, oral solution, m/r tablets	<p>Treatment of manic episode in bipolar disorder when lithium is contraindicated or not tolerated (unlicensed use 'off-label').</p> <p>Valproate must not be started in new patients (male or female) younger than 55 years, unless two mental health specialists independently consider and document that there is no other effective or tolerated treatment, or there are compelling reasons that the reproductive risks do not apply. For the majority of patients, other effective treatment options are available.</p>	 Amber	
Carbamazepine tablets, liquid	Prophylaxis of bipolar disorder in patients unresponsive to lithium.	 Amber	
Lamotrigine tablets, dispersible tablets	<p>Monotherapy or adjunctive prophylaxis in patients with bipolar disorder who experience predominantly depressive episodes.</p> <p><i>Lamotrigine is not licensed for the acute treatment of manic or depressive episodes.</i></p>	 Amber	

### Antidepressant Drugs



MEDICINE	SUMMARY OF RESTRICTED INDICATION	CATEGORY	PROTOCOL
<p><b>Selective serotonin re-uptake inhibitors (SSRIs)</b>            Fluoxetine (capsules), Sertraline (tablets) and Citalopram (tablets) are Green traffic light formulary SSRI drugs            See formulary chapter <a href="#">04.03</a> for further information on antidepressant drugs and the local <a href="#">guidance for using antidepressants in primary care</a> for guidance</p>			

**on choosing an antidepressant.**



Escitalopram tablets	After other SSRIs have been tried for major depressive episodes, generalised anxiety disorder.	 Amber	<a href="#">Using antidepressants in primary care.pdf (scot.nhs.uk) under review</a> (NHS Tayside Staffnet intranet link).
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**Tricyclic and related antidepressant drugs**

**Lofepamine is a Green traffic light formulary tricyclic antidepressant drug. See formulary chapter [04.03](#) for further information on antidepressant drugs.**



Clomipramine capsules	Depressive illness, especially where sedation is required, phobic and obsessional states.	 Amber	<a href="#">Using antidepressants in primary care.pdf (scot.nhs.uk) under review</a> (NHS Tayside Staffnet intranet link).
Imipramine tablets	Depressive illness.  <i>Oral solution is significantly more expensive than standard tablets – only prescribe if clinically appropriate.</i>	 Amber	

**Monoamine-oxidase inhibitors (MAOIs) and reversible MAOIs**

Moclobemide tablets	Major depression, social anxiety disorder/ social phobia, Depressive illness after failed treatment with other antidepressants.	 Amber	<a href="#">Using antidepressants in primary care.pdf (scot.nhs.uk) under review</a> (NHS Tayside Staffnet intranet link).
Phenelzine tablets	Depressive illness (particularly in patients with coexisting features of anxiety, phobia or hypochondria) after failed treatment with other antidepressants.	 Amber	

**Other antidepressant drugs**







**Mirtazapine and venlafaxine are Green traffic light formulary antidepressant drugs. See formulary chapter [04.03](#) for further information on antidepressant drugs.**

Duloxetine 30mg, 60mg capsules	Major depressive disorder who have failed to respond to, or are unable to tolerate, initial treatment options.	 Amber	<a href="#">Using antidepressants in primary care.pdf (scot.nhs.uk) under review</a> (NHS Tayside Staffnet intranet link)
Trazodone capsules, tablets	Anxiety , Depressive illness, especially where sedation is required, Mixed Anxiety and Depression Dementia Associated Agitation  <i>The liquid formulation is significantly more expensive than tablet and should only be prescribed where clinically appropriate. The liquid formulation should only be used where a patient has swallowing difficulties, requires medication to be given covertly or as a means of ensuring concordance.</i>	 Amber	

**Anxiety disorders**

**Note that Diazepam (tablets) is green traffic light medication and first line for short-term use in severe anxiety in younger people**



Pregabalin capsules	Generalised anxiety disorder where SSRIs or venlafaxine are ineffective, poorly tolerated, or considered clinically inappropriate.	 Amber	
Prazosin tablets	PTSD in patients who present with nightmares as their predominant symptom [off-label] and who have had an inadequate response to at least two first line treatments including SSRI or venlafaxine in accordance with the local protocol  <b>Psychological treatments remain the mainstay of treatment for PTSD and should be used in combination with any pharmacological options.</b>	 Amber	<a href="#">Local Treatment Protocol for prazosin</a> (NHS Tayside Staffnet intranet link)
<b>Attention deficit hyperactivity disorder</b>			
Methylphenidate hydrochloride tablets, m/r tablets, m/r capsules	Treatment of ADHD in adults (unlicensed use 'off-label') in accordance with the local Adult ADHD Treatment Shared Care Agreement	 Amber	<a href="#">Adult ADHD Shared Care Agreement</a> (NHS Tayside Staffnet intranet link).
Lisdexamfetamine dimesylate capsules	Treatment of ADHD in adults in accordance with the local Adult ADHD Treatment Shared Care Agreement	 Amber	
Dexamfetamine sulfate tablets oral solution	Treatment of ADHD in adults (unlicensed use 'off-label') in accordance with the local Adult ADHD Treatment Shared Care Agreement <i>Dexamfetamine oral solution is more expensive than tablets – only prescribe if clinically appropriate.</i>	 Amber	
Atomoxetine capsules, oral solution	Treatment of ADHD in adults where the presence of symptoms of ADHD have been confirmed as pre-existing in childhood and in accordance with the local Adult ADHD Treatment Shared Care Agreement.  <i>Atomoxetine oral solution is more expensive than capsules – only prescribe if clinically appropriate.</i>	 Amber	

Please refer to the following national guidelines/resources for further information:

- NICE Guideline 10: Violence and aggression : short-term management in mental health, health and community settings (May 2015)
- SIGN Guideline 131: Management of Schizophrenia. A National Clinical Guideline (March 2013)
- NICE Clinical Guideline 185: Bipolar disorder, Sept 2014 (last updated Feb 2016).
- Evidence based guidelines for treating bipolar disorder: Revised third edition – recommendations from the British Association for Psychopharmacology 2016
- NICE Clinical Guideline 222 (Jun 2022) Depression in adults: treatment and management
- NICE Clinical Guideline 91 (Oct 2009) Depression in adults with a chronic physical health problem: recognition and management

- NICE Clinical Guideline 113 (Jan 2011) Generalised anxiety disorder and panic disorder in adults: management
- SIGN Guideline 127 Management of perinatal mood disorders March 2012
- The Maudsley Prescribing Guidelines 14<sup>th</sup> Edition, 2021
- Scottish National Guidance for Monitoring Lithium (2019) - [https://www.sehd.scot.nhs.uk/cmo/CMO\(2019\)04.pdf](https://www.sehd.scot.nhs.uk/cmo/CMO(2019)04.pdf)
- Scottish national standard for monitoring the physical health of people being treated with clozapine (2017) - [https://www.sehd.scot.nhs.uk/cmo/CMO\(2017\)04.pdf](https://www.sehd.scot.nhs.uk/cmo/CMO(2017)04.pdf)
- NICE Clinical Guideline 87 (March 2018) Attention deficit hyperactivity disorder: diagnosis and management (last updated Sept 2019)

<b>Traffic light status information</b>	
 Red	To be prescribed by Hospital Specialists Only.
 Amber	Can be prescribed in General Practice under the direction of a Specialist.



Red

To be prescribed by Hospital Specialists Only.



Amber

Can be prescribed in General Practice under the direction of a Specialist.

Updated: 3rd May 2024