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SEROTONERGIC MEDICATION TRIAL					
Child's name:	Grade:	Year:			
Person completing this form:		_Relation to child: _			
Dear Parents, Teachers, and Student: Thank you very much for your help. It is so important to conduct this medication trial in a careful and controlled fashion. Please complete the table below. Record observations for the week indicated. Your comments in narrative form are also very helpful. On the back, please record the date and elaborate on any side effects and benefits. Please call me if you have any questions or concerns. Thank you.					
How often did you notice the following? 0=not at all, 1=just a little, 2=often, 3=very often					
MEDICATION: DOSE					
TARGET SYMPTOMS  DATE (week of)					
Inflexibility/ frustration intolerance					
Meltdowns/ tantrums					
Aggression					
Irritability					
Sadness					
General anxiety					
Specific worries/fears					
Obsessive/ perseverative thoughts					
Compulsive habits/ behaviors					
Tics / nervous habits					
Physical symptoms/ body complaints					
Limited social interaction					
POSSIBLE SIDE EFFECTS					
Trouble sleeping					
Agitation/ tense					
Dizzy					
Bowel/ bladder changes					
Nausea/ vomiting/ stomach pains					
Increased/ decreased appetite (circle one)					
Drowsy					
Headache					
Restless, hyper, manic, impulsive, distractible					

### SEROTONERGIC MEDICATION CHOICES AND PROTOCOL

Selective Serotonin reuptake inhibitors used in the treatment of emotional inflexibility, depression and anxiety:

- Prozac (fluoxetine)
- Zoloft (sertraline)
- Paxil (paroxetine)
- Luvox (fluvoxamine)
- Celexa (citalopram)
- Lexapro (escitalopram)

#### Some other anti-depressants, which may also help with ADHD:

- Wellbutrin (buproprion): reg tabs 75, 100; SR 100,150, 200; XL 150, 300
- Tofranil (imipramine)

## Some other antidepressants, which may also help with sleep:

- Remeron (mitrazapine)
- Tofranil (Imipramine)

Note: Before beginning any medication, parents should have a clear understanding of the diagnosis, purpose of treatment, types of available treatments, "off-label" use of medications which are not specifically approved by the FDA for use in pediatrics, known efficacy of available treatments, known side effects of available treatments, expected outcome with no treatment, expected efficacy of suggested treatment, expected side effects of suggested treatment, confidentiality, emergency procedures, monitoring and follow-up. If they do not feel that they have given informed consent, then they should not administer the medication.

#### **DIRECTIONS FOR MEDICATION TRIAL:**

- 2. Adjustments: Side effects tend to happen early, usually within days of each dose change. Although <u>peak benefits</u> happen late, usually after a few months, you may see the <u>beginning of benefits</u> earlier, sometimes even within the first week. After one week at each dose, compare baseline ratings before medication with updated ratings:
  - a. "Looking good": If benefits are optimal (2s and 3s are down to 0s and 1s) and side effects are <u>in</u>significant (numbers on the bottom half of the page have not gone up), then stay with that dose.
  - b. "Too low": If benefits are less than optimal and side effects are <u>in</u>significant, then increase the dose by an amount equal to the starting dose.
  - c. "Hopefully just an adjustment": If benefits are optimal but there are significant side effects, call me. We will probably decrease the dose by 1/4-1/2 the starting dose. Call me again after this adjustment if side effects do not lessen each day.
  - d. "No good": If benefits are less than optimal and there are significant side effects, call me. Remembering that side effects can happen before benefits, we will either decrease the dose by ½ (and give the maximum tolerated dose a chance to work) or just stop and consider trying something else.