

Take to your health care provider  
to see what's right for you

**Bipolar / Manic /  
Hypomanic**

Bipolar disorder, manic or hypomanic episode

### **Reduce or stop substances or foods that elevate or alter mood**

- Caffeine – coffee, tea, cola, energy drinks with taurine, guarana, yerba, ginkgo
- Amphetamines, crystal meth, cocaine, ecstasy-E, alcohol, marijuana

### **Make sure your physical health and medications have been checked**

- Thyroid problems, neurologic conditions, infections can mimic mania/hypomania
- Steroids, methylphenidate, decongestants, diet or stay awake pills, St. John's Wort (hypericum), ginseng, supplements may cause/worsen mania/hypomania

### **Caution with use of antidepressant medications**

- Antidepressants may cause, bring out or worsen a hypomanic or manic episode
- Can be used cautiously as an adjunctive add – on to mood stabilizing medications
- If stopping – must taper some down gradually to prevent withdrawal

### **Mood stabilizing medication for acute episodes and future prevention**

- Lithium-well proven – need to monitor blood level, kidney and thyroid counts
- Valproic Acid – need to monitor blood level, liver and blood cell counts
- Atypical Antipsychotics – many indicated for treatment and prevention

of bipolar manic and depressive episodes-not only used for psychosis

- Lamotrigene – effective for depressive phase only-watch for rare but serious rash
- Benzodiazepines (valium, lorazepam, clonazepam) – useful as adjunctive or short-term add on to above first line recommended mood stabilizers

### **Safety first, prevent damage to yourself, family, friends, job, finances**

- Prevent or stop uncharacteristic risky behaviour – fast driving, extreme sports, unsafe sex, fighting, gambling, excess spending, drug and alcohol use
- Protect your job security – consider the need for illness leave for health reasons
- Protect finances – limit access to funds, credit cards, bank accounts, stock trades
- You, family, society to consider brief hospitalization to get well and for safety
- Appoint someone to look out for you if you have an episode and can't yourself (power of attorney for personal care, advance directives)

### **Healthy lifestyle, thinking habits and peer support**

- Regular sleep and wake times, regular meals, exercise, peer support groups
- Cognitive Behaviour Therapy (CBT) – a type of talk therapy to develop thinking skills and habits to keep you accurately grounded in your decisions and action

**Seek emergency/urgent help if thoughts/plans to hurt yourself/suicidal**

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