

Lithium

Therapy

Record book

Record book

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

Take this record book with you each time you:

- see your GP;
- attend a clinic;
- are admitted to hospital;
- visit a community pharmacy;
- request a new prescription;
- have a prescription dispensed.

Use it to:

1. remind you when your next lithium blood level test is due;
2. keep a record of your health checks;
3. keep a record of your lithium blood levels;
4. monitor your health and lithium therapy.

Your information

Your name:

Address:

Postcode:

Home
telephone:

Mobile
telephone:

NHS number:

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Your mental health provider's information

In an emergency call:

Name of clinician/consultant:

Telephone number:

Your community health provider's information

In an emergency call:

Name of surgery:

Name of GP:

Telephone number:

Personal contact (optional)

In an emergency call:

Telephone number:

Your treatment

Date treatment
started:

Brand of lithium:

Tablet – strength
(as carbonate salt):

Tablet –
daily dose in mg:

or

Liquid – strength
(as citrate salt):

Liquid –
daily dose in ml:

Blood level range

Blood level (mmol/L)
should not be above:

Blood level (mmol/L)
should not be below:

People managing
your lithium therapy:

Lithium blood level (mmol/L) should not be above:

Date of the **next** blood level and/or checks

Date of **current** blood level and /or checks

Lithium blood level (mmol/L)

Date of the next blood level and/or checks	Date of current blood level and /or checks	Lithium blood level (mmol/L)

Remember not to take any lithium on the morning of your blood test

Lithium blood level (mmol/L) should not be above:

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Date of the next blood level and/or checks	Date of current blood level and /or checks	Lithium blood level (mmol/L)

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