

THE PAPERFLOWER PSYCHIATRY GUIDE TO

Lithium

**DO NOT TAKE ANYTHING WITH
IBUPROFEN OR NAPROXEN IN IT!
ONLY USE ACETAMINOPHEN.**



**EXCESSIVE AMOUNTS OF
CAFFEINE CAN MAKE LITHIUM
NOT WORK AS WELL**

**EXCESSIVE AMOUNTS OF
ALCOHOL - PLEASE, PLEASE
AVOID. IF YOU DRINK,
HYDRATE EXTRA.**



**LOW SODIUM DIETS
ARE A NO-NO..EAT
YOUR CHIPS.**

**WATER, WATER, WATER. PROTECT
YOUR KIDNEYS. IF YOU GO OUTSIDE
OR SWEAT, DRINK *EXTRA*!!!!**

