The Maudsley

Prescribing Guidelines in Psychiatry

12TH EDITION

David Taylor
Carol Paton
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WILEY Blackwell
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Prescribing Guidelines
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The Maudsley Prescribing Guidelines in Psychiatry

12th Edition

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This 12th edition of *The Maudsley Prescribing Guidelines in Psychiatry* marks its 20th year in continuous production. Readers who have owned or used previous editions will find this edition no different in style from previous incarnations. This is deliberate – the feedback we receive suggests the organisation and structure are well liked. Each section of *The Guidelines* is a densely referenced but succinct review of the literature, set alongside some fairly broad recommendations for practice. Each of these sections has been updated and revised, and some new ones added (for example, interpreting clozapine plasma levels, post-mortem plasma levels, summary of depot pharmacokinetics). Much of the guidance provided in this edition has changed as a result of more recent research; some of it to a small extent, some of it to an extent amounting to a reversal of prior guidance (for example, on the use of fish oils in psychosis). These changes reflect the very nature of the scientific method – that hypotheses come and go as evidence mounts or is countered.

This edition of *The Guidelines* has a particularly international flavour. This is because the 11th edition sold more copies outside the UK than in it, and because there are, we think, at least ten translations of *The Guidelines* in existence. Although *The Guidelines* are still essentially our local guide to prescribing, we have made a special effort to widen, geographically speaking, its utility. This is most noticeable in the inclusion of drugs not licensed in the UK (e.g. ziprasidone, iloperidone, desvenlafaxine), but widely used in other countries. Readers should, therefore, not assume that every drug mentioned in *The Guidelines* is available in their own country. The reader should also be aware that no guideline could take account of every psychotropic drug used around the world, so omissions are inevitable.

As with previous editions, very special thanks are due to Maria O’Hagan who manages the writing and structuring of *The Guidelines*; an increasingly complex process given the size, complexity and heavily referenced nature of the current edition. Thanks are also due to the many expert contributors to *The Guidelines* who are listed overleaf, and to Adam Gilbert, our editor at Wiley.

*David Taylor*
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Notes on using The Maudsley Prescribing Guidelines

The main aim of The Guidelines is to provide clinicians with practical and useful advice on the prescribing of psychotropic agents in commonly encountered clinical situations. The advice contained in this handbook is based on a combination of literature review, clinical experience and expert contribution. We do not claim that this advice is necessarily ‘correct’ or that it deserves greater prominence than guidance provided by other professional bodies or special interest groups. We hope, however, to have provided guidance that helps to assure the safe, effective and economic use of medicines in psychiatry. We hope also to have made clear precisely the sources of information used to inform the guidance given.

Please note that many of the recommendations provided here go beyond the licensed or labelled indications of many drugs, both in the UK and elsewhere. Note also that, while we have endeavoured to make sure all quoted doses are correct, clinicians should always consult statutory texts before prescribing. Users of The Guidelines should also bear in mind that the contents of this handbook are based on information available to us in December 2014. Much of the advice contained here will become out-dated as more research is conducted and published.

No liability is accepted for any injury, loss or damage, however caused.

Notes on inclusion of drugs

The Guidelines are used in many other countries outside the UK. With this in mind, we have included in this edition those drugs in widespread use throughout the western world in December 2014. Thus, we have included, for example, ziprasidone and iloperidone, even though these drugs are not marketed in the UK at this time. Their inclusion gives The Guidelines relevance in those countries where ziprasidone and iloperidone are marketed, and may also be of benefit to UK readers, since many unlicensed drugs can be obtained through formal pharmaceutical importers. We have also tried to include information on drugs likely to be introduced into practice in the next two years. Many older drugs, or those not widely available (methotrimeprazine, pericyazine, maprotiline, zotepine, loxapine etc.), are either only briefly mentioned or not included on the basis that these drugs are not in widespread use at the time of writing.