**MEDICATION:** Lithium (Eskalith®, Lithobid®)

**USES:** To contain symptoms of manic depression

**ADMINISTRATION:** Oral

**Warnings:**
- Inform your doctor if you are:
  1. allergic to any food or medicine
  2. taking any non-cancer related prescriptions or over the counter drugs

**Additional Instructions:**
- Take this medicine with food or milk.
- Drink 8 to 10 glasses of water or other liquids everyday.
- Do not change the amount of salt or salty foods that you eat from day to day. Do not begin a low-sodium diet or suddenly eat a large amount of salty food.
- Salty foods include:
  - canned or processed meats & fish
  - packaged rice or noodle dishes
  - salad dressing
  - soup
  - olives
  - pickles
  - salted snack foods
  - soy sauce
- Limit regular coffee, tea, cola or other soft drinks with caffeine to 2 servings a day.
- Be sure to tell your doctor that you are taking Lithium before he or she gives you any other medicines.
- If possible, check your weight each week and write it down. Take your weight record with you when you visit your doctor. An increase in weight may mean you are storing extra water in your body.