NHS
National Patient Safety Agency
National Reporting and Learning Service

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:

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)
e.g. 01/12/09	e.g. 01/12/09	e.g. 0.7
e.g. 01/02/10		

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

Test results

Test results		
Kidney checks (e-GFR)	Thyroid checks (TFTs)	Weight / BMI
e.g. 110	e.g. TSH 4 mU/L	e.g. 82kg / 25

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)

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0921 December 2009

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