

How to start **Liskonum** 450mg tablets OR **Camcolit** 400mg tablets (lithium carbonate modified release tablets) - for patients **not** already on another brand of lithium

OHFT guidance, September 2020

1. Choose whether to start Liskonum or Camcolit by considering the differences below and offering the patient choice where possible. If there is no other reason to choose one brand over another, OH encourages using the most cost-effective option – currently Liskonum.
2. Carry out baseline tests – see second page.
3. Check for drug interactions with other medication that the patient is taking where lithium levels could potentially be affected (e.g. diuretics, ACE inhibitors, NSAIDs etc.)
4. Provide relevant information and advice. This should include:
 - a. Ensuring that patients with bipolar disorder understand that poor adherence or rapid discontinuation may increase the risk of relapse.
 - b. Recommending that medical attention should be sought if they develop diarrhoea or vomiting or become acutely ill for any reason.
 - c. The importance of maintaining fluid intake, particularly after sweating (for example, after exercise, in hot climates or if they have a fever), if they are immobile for long periods or if they develop a chest infection or pneumonia.
 - d. Talking to their doctor as soon as possible if they become pregnant or are planning a pregnancy.
 - e. Advising not to take over the counter non-steroidal anti-inflammatories (NSAIDs)
5. Provide the NPSA “purple” lithium therapy booklet, record book, and alert card. Supplies can be ordered by outpatient teams from pharmacy. All newly started inpatients are automatically provided with these.
6. Follow prescribing and monitoring recommendations on page 2.
7. Request shared care once the dose of lithium is stable and the patient is well – shared care guidelines are accessed via the [Oxford Health Formulary](#).

Brand name:	Liskonum	Camcolit
Modified release formulation?	Yes	Yes
Tablet strength	450mg	400mg
Can be halved to facilitate smaller dose increments?	Yes, included within the product licence	Yes, but <i>not</i> included within the product licence –*see note
Retains controlled release properties when halved?	Yes (<i>but do not crush or chew</i>)	Yes (<i>but do not crush or chew</i>)
Contains lactose?	Yes	No
Suitable for vegans and vegetarians?	No – contains gelatin	Yes – no animal derived products
Cost per 28 tablets	£5.52	£13.49

* Note about halving Camcolit:

Camcolit 400mg controlled release tablets have a score line but are not licensed to be halved for the purpose of administering half the dose. The reliability of breaking the tablet along the score line into two exact halves has not been rigorously tested by the manufacturer but the lithium carbonate active ingredient is distributed evenly throughout the tablet core and the controlled release mechanism is not affected by splitting the tablet. In other words, a significant variation in the lithium carbonate content between two carefully divided halves is not expected. A tablet cutter should be used to obtain a more accurate split. It is good practice to document your discussion with each patient regarding the options and whether they are comfortable with breaking tablets in half.

Baseline tests

- a) **Urea and electrolytes (U&Es)** including **calcium** and **eGFR**
- b) **Thyroid function tests (TFTs)**
- c) **Full blood count**
- c) **Weight or BMI**
- d) **Consider ECG** in people who have, or are at high risk of, cardiovascular disease
- e) **Pregnancy test** if indicated

Prescribing recommendations:

