

## LITHIUM (Lithobid) Side Effects:

Most common: nausea/diarrhea, fine tremor, frequent urination (polyuria), excessive thirst, memory problems, weight gain, hypothyroidism (7%–8%; 9 times more common in women), acne or worsening psoriasis, benign increase in white blood cells.

Serious but rare: Chronic use may result in kidney problems that usually reverse when discontinued or treated. Cardiac problems (slow heart rate, heart rate changes, flattened or inverted T waves, sinus node dysfunction may occur rarely).

Pregnancy: Rate of major birth defects reported to be 4%–12%. Increased risk of cardiovascular birth defect, Ebstein's anomaly; risk is lower than previously thought (0.05%–0.1%). Increased maternal risk of diabetes, excess amniotic fluid (polyhydramnios), thyroid dysfunction during pregnancy.

This is a simplified list of side effects focusing on what is common or severe because complete lists of more rare and less serious side effects are often overwhelming. If desired, complete lists of potential side effects can be found on reputable web sites like [Drugs.com](http://Drugs.com).