

Treatments for ADHD in Bipolar Disorder

Medication	Dosage	Notes
Clonidine and guanfacine	ER: 0.1–0.4 mg/day. ¹ IR: 0.1–0.3 mg/day. Transdermal (clonidine only): 0.1–0.3 mg/day weekly patch.	Start with ER, which is FDA approved for ADHD and generic. Start QHS and divide BID at higher doses. The weekly clonidine patch improves on tolerability. Taper off gradually to avoid rebound hypertension.
Modafinils	Modafinil: 100–200 mg/day. Armodafinil: 150–250 mg/day.	Armodafinil has a longer duration and steadier effects than modafinil. Find low-cost options at goodrx.com if not covered by insurance.
Omega-3s	EPA + DHA = 1000–3000 mg/day, with EPA ≥ 2 times DHA amount.	Reliable brands include Viva Naturals (Amazon), Member's Mark (Sam's Club), and Kirkland (Costco) (15–25 cents/day).
Stimulants	Prefer methylphenidate over amphetamines. Start with methylphenidate ER 18 mg/day.	Use lowest effective dose. If tolerance develops, revisit the diagnosis before raising it further.
Lifestyle	Aerobic exercise, Mediterranean diet, good sleep, and mindfulness improve both ADHD and mood disorders.	

¹Only 75% of the ER is absorbed, so the IR and patch have lower dose ranges

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