
POETRY | FALL 2012

Diary of Psychiatric Meds Taken By Patient MS

By Marjorie Sadin

Thorazine—Initially used in first hospitalization.
Totally wiped me out.

Librium—Prescribed by Dr. M. for separation anxiety.
Got manic. Insanely in love with male dancer.

Lithium—Prescribed by Dr. M. for manic/depression.
Caused physical pain in the chest, and didn't keep me
from getting manic.

Stellazine—Prescribed by Dr. M. for psychosis.
(Caused me to be legally blind when I used it later with Dr. D)
I also OD'd on it. I thought strangers were famous people.
I was the color purple orange. I was gay. I was the messiah.

Mellaril—Liked the “mellow” effect, became my psychotic drug
of choice (later under Dr. E caused holes in my eyes)

Haldol—Hated. Cut me off from my feelings but quickly snapped
me out of mania.

Tegretal—NIH experimental double blind program. In seclusion for two weeks danced
inside the walls, prayed to Allah. Then, Dr. W—kept me out of the hospital seemed to
work. Got Master's Degree.

Tegretal and Mellaril—Dr. R. I broke through medication.
Hospitalized.

Dr. D. put me on everything—
Prolixin-hyped me up and exhausted me, caused pacing
Resperidon—got me angry and irritable Tegretal,
Halcion—I believe I had a terrible reaction to it—
Retarded lack of control of muscles or that could have
been from the mixture of so many meds that D.
used at once including Stellazine (made me legally blind)
I would get anxiety attacks every day at work. Add to that
my addiction to liquor and you can imagine the side effects.
Inability to keep me from getting manic.

Threw all my meds down the toilet.
Ended up at GW, then Sibly.
I think was maintained on Mellaril and Tegretal.
Called the weather and spoke to an imaginary friend.

The rings answered me.

Saw Dr. E.
Had to get off the Mellaril because it caused holes in my eyes.
Put me on Klonopin had to keep taking more to get same effect
Or I was drunk on it. OD'd on Klonopin went into GW
Hospital—put me on Dr. P's suggestion—Depakote and Clozapine.
Worked for fifteen years got rid of the delusions. Towards the end of seeing
Dr. E. got on Neurotin, and switched Lamical for Depakote because of
my hand tremor.
Stayed on Clozapine.

Seroquel—Dr. G. Initially put me on but wiped me out.
Falling and dizzy lost job at UDC
Neurontin—Didn't work well—still suffered from anxiety attacks regularly.
But the sedation made it a seductive drug. It caused me incontinence,
falling, fatigue.
Continued with Lamical.
Clozapine.

Then changed to
Buspar—I don't know what it does
Atavan—temporary and very little relief from anxiety
Abilify—makes me nauseous, not sure what it does.
Clozapine
That's all I remember

Marjorie Sadin is a survivor of a mental illness, and a poet. She has published poetry nationally as well as four books in print. She lives and reads her work in the Washington DC area, where she also tutors learning-disabled students.
