

## Updates on Serum Lithium Therapeutic Target Ranges

**Audience:** Internal and External Clients  
**Issuing Division:** Division of Biochemistry  
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The therapeutic target ranges and critical levels for serum lithium will be updated as follows:

Age group (yr)	Therapeutic target range (mmol/L)	Critical level (mmol/L)
<60	0.6 – 1.2	Greater than or = 1.5
60 - 79	0.4 – 0.8	Greater than or = 1.4
80 and older	0.4 – 0.7	Greater than or = 1.4

The International Society for Bipolar Disorders (ISBD) task force report recommends that a lower therapeutic target range should be used in older patients.

If you have questions or need further information, please contact us.

### References:

1. Shulman KI, et al. Delphi survey of maintenance lithium treatment in older adults with bipolar disorder: An ISBD task force report. *Bipolar Disord.* 2019; 21:117-123.
2. Sun M, et al. Lithium Toxicity in Older Adults: a Systematic Review of Case Reports. *Clin Drug Investig* 2018; 38: 201-209.