

Psilocybin

QUICK REFERENCE GUIDE

Indications

- Demoralization/Existential distress
- Depression
- Anxiety
- Migraines
- Obsessive compulsive disorder
- Phantom limb pain
- Substance use disorders

Dosing

PSYCHOLYTIC DOSE

15MG

PSYCHEDELIC DOSE

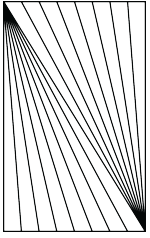
25MG

Adverse Effects

- Increased heart rate and blood pressure
- Mydriasis
- Paresthesia
- Blurred vision
- Drowsiness and yawning
- Tremor
- Weakness or dizziness
- Increased tendon reflexes
- Nausea or vomiting
- Acute and delayed headaches
- Anxiety
- Panic
- Dysphoria
- Depersonalization
- Paranoia
- Agitation
- Acute psychotic reactions
- Fear that experience will not end
- Erratic behaviour

Subjective Effects

- Visual hallucinations
- Mental imagery with dreamlike qualities
- Mood regulation
- Impacts to primary process thinking
- Changes in personal relevance attribution
- Reduced activity in cortical areas related to self and social processing
- Altered perception of time
- Increased creative thinking process
- Loosening of organization in brain activity
- Mystical-type experiences
- Ego dissolution
- Visionary restructuralization
- Oceanic boundlessness
- Decrease in substance cravings
- Increase in self-efficacy in relation to certain substance use disorders (such as tobacco and alcohol)
- Changes in relationships to past memories



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Contraindications

- Suicide risk
- Active or unstable substance use disorder
- Have received ECT in past 3 months
- First degree relatives with psychotic or bipolar disorders
- Gastrointestinal conditions which may affect psilocybin absorption
- Pregnancy or breastfeeding
- History of:
 - Psychosis or personality disorder
 - Uncontrolled hypertension
 - Seizures
 - Uncontrolled cardiovascular condition
 - Significantly impaired hepatic function
 - Major central nervous system disease
 - Significant respiratory compromise
 - Uncontrolled thyroid disease
 - Narrow-angle glaucoma

Concomitant Medications

- SSRIs
- SNRIs
- MAOIs
- Tricyclic antidepressants
- Lithium
- Typical antipsychotics
- Buspirone
- St. John's wort
- Mood stabilizers
- Other serotonergic medications
- Some opioid medications