

Drug	Time to steady state	Ideal Sampling time	Target range	Comments
Carbamazepine	2-3 weeks (new therapy) 2-4 days (dose change)	Pre dose (not critical)	4 – 12 mg/L	Metabolised by the liver, autoinduction See BNF for interactions
Digoxin	7-10 days (depends on renal function)	> 6 hours post dose	0.5 – 2.0µg/L	Mainly renal excretion See BNF for interactions
Lithium	5-7 days	12 hours post dose	0.4-1.0 mmol/L	Renal excretion
Phenytoin	2-3 weeks	Pre dose (not critical)	10-20 mg/L	Metabolised in liver. Non linear increase in conc with dose.
Theophylline	2-3 days	8-12 hours post dose	10-20 mg/L	Metabolised in the liver.
Valproic acid	3 days	Pre dose	40-100 mg/L	Metabolised in the liver. Levels do not correlate well with therapeutic effect