

Information for Doctors

Sonic PGx & psychotropic therapy

Impact on mental health prescribing

Sonic Genetics observed the frequency and significance of prescribing guidance about psychotropic medications in patients referred for testing through our service. We concluded that pharmacogenomic testing can make significant differences in prescribing medications for patients with mental health disorders.

The Sonic PGx Panel examines 10 genes involved in drug metabolism for variants which can cause extreme medication exposures in patients, that is, very low levels leading to treatment failure or very high levels leading to toxicity. The panel includes the genes CYP2D6, CYP2C19, CYP1A2 and CYP2C9.

We reviewed the outcome of testing with this panel in more than 2,000 patients for whom current or proposed psychotropic medications were noted on the pharmacogenomic request form.

Revised prescribing advice was provided for one third of the medications specified for these patients. The frequency of a recommendation to modify the initial dose, or to select a different medication, varied markedly with different medications.

Figure 1 shows the medications listed by the requesting doctors, the numbers of patients having that medication, and the frequency with which the pharmacogenomic interpretation was:

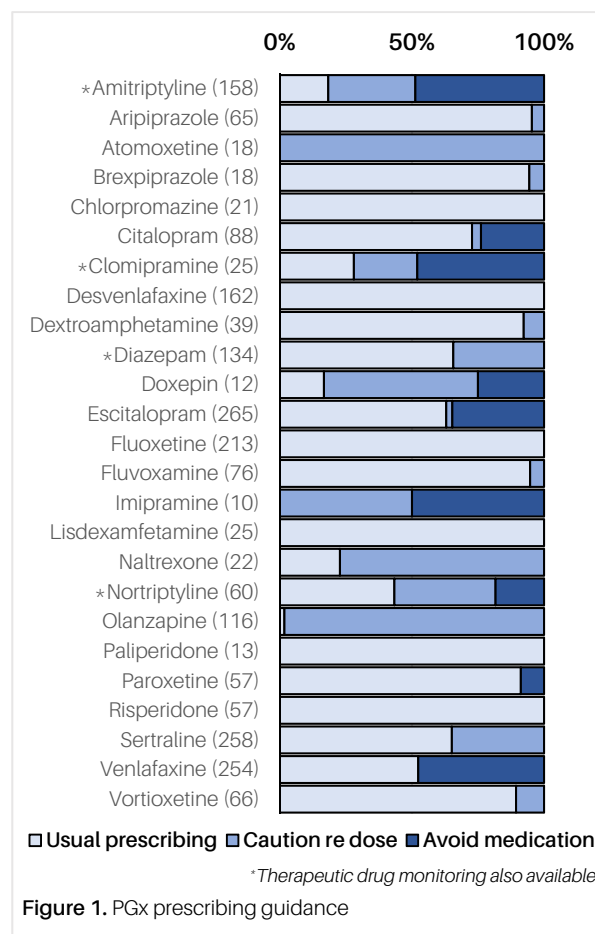
- Avoid medication and suggest using a different medication
- Advise different dose
- Prescribe as usual

Pharmacogenomic testing provides information that can alter prescribing recommendations for one third of patients being considered for psychotropic medication therapy.

The Sonic PGx Panel is available nationally through Sonic Pathology Australia practices. The cost is \$197^{*} and a Medicare rebate is not available. The turnaround time is 10 business days, and results can be accessed electronically via Sonic Dx.

For further details, please refer to the Sonic Genetics website, www.sonicgenetics.com.au, speak with your local Client Liaison or contact Sonic Genetics on 1800 010 447 or email info@sonicgenetics.com.au.

^{*}Correct at time of printing.



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