

SSRI's (Selective Serotonin Re-uptake Inhibitors)

ALL PATIENTS UNDER 25 YEARS OF AGE SHOULD BE WARNED THAT SSRI's MAY BE ASSOCIATED WITH INCREASED SUICIDAL THINKING. THIS IS RARE BUT WARNING IS MANDATED BY THE FDA.

<p>Advantages:</p> <ul style="list-style-type: none"> • Low morbidity and mortality in overdose • Single daily dose (except fluvoxamine/Luvox) • Often does not need dose titration • Minimal cardiac toxicity 	<p>Disadvantages:</p> <ul style="list-style-type: none"> • Sexual dysfunction • Expensive • Drug-drug interactions • May precipitate hypomania or mania in susceptible patients
<p>Side effects:</p> <ul style="list-style-type: none"> • Sexual dysfunction • Sweating • Anxiety • Headache • Nausea • Diarrhea • Akathisia • Sedation or insomnia • Long-term weight gain 	<p>If stopped abruptly, may cause non-dangerous (but uncomfortable) withdrawal syndrome with:</p> <ul style="list-style-type: none"> • Flu-like symptoms • Insomnia • Nausea • Dizziness • Lethargy • Irritability • Paresthesias • Sweating • Tremors (less likely with fluoxetine/Prozac) • This list is not all-inclusive

Medication	Brand Name(s)	Starting Dose (mg/day)	Usual Dose (mg/day)	How Supplied (mg)	Max Dose (mg/day)	Other useful information
citalopram	Celexa; generic \$	10–20 mgs	20–40 mgs	10,20,40 10 mg/5ml soln.	60 mgs	Fewer drug-drug interactions
fluoxetine	Prozac, aka Serafem; generic \$	10–20 mgs	20–40 mgs	10,20,40 caps 10 scored tablet 5 mg/ml soln. (10, 20 Serafem)	80 mgs	Very long half-life. Can be activating. 10 mg tablet can be cut for economy/dose titration
paroxetine	Paxil; generic \$	10–20 mgs	20–40 mgs	10,20,30,40 10 mg/5ml soln.	50 mgs	More anti-cholinergic, more sedating than other SSRI's. Increased P450 effects compared to other SSRI's
sertraline	Zoloft; generic \$	25–50 mgs	50–150 mgs	25,50,100 20mg/ml soln.	200 mgs	Diarrhea more common
escitalopram	Lexapro \$\$\$\$	5–10 mgs	10–20 mgs	10,20 mgs	20 mgs	SSRI Brand name only. No evidence of superiority to other SSRI's

TCA's (Tricyclic Antidepressants)

<p>Advantages:</p> <ul style="list-style-type: none"> • Well documented • May be better for severe depression • Serum levels are available and meaningful • Inexpensive • Single daily dose usually well tolerated 	<p>Disadvantages:</p> <ul style="list-style-type: none"> • Need to be titrated up from low starting dose • Potentially lethal in overdose • May cause cardiac arrhythmias • May lower seizure threshold • Over age 40, get baseline ECG for rhythm, QTc interval (less than 450) and heart block
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Side Effects: Dry Mouth, Blurred Vision, Constipation, Orthostatic hypotension, Cardiac arrhythmias, Dizziness, Sedation, Weight gain. This list is not all-inclusive.

nortriptyline	Pamelor; generic \$	10–25 mgs	75–100 mgs	10,25,50,75 mgs (generic may vary in size availability)	150 mgs	Twice as potent as other TCA's. Therapeutic serum level 50-150 ng/ml. May have "therapeutic window"
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Others

This group includes the other most widely used antidepressants. This list is not all-inclusive.

bupropion	Wellbutrin, Wellbutrin SR and XR, all but XR are generic \$\$-\$\$\$\$	100 mgs	150-300 mgs	75,150 mgs regular, 100,150 mgs SR: (150 SR Zyban)	150 mgs tid regular, 200 mgs bid SR; 450 mgs qd XR	Activating. Seizure risk in bulimics/epileptics. Rare sexual side effects. Max. single dose 150 mgs. Available as generic 75,100 mgs.
mirtazapine	Remeron, generic \$	15-30 mgs	15-45 mgs	15,30,45 mgs	60 mgs	Sedation, especially at 15 mgs. Give at HS. Increased appetite. Rare sexual side effects.
venlafaxine	Effexor, generic \$	25-37.5 mgs	150-300 mgs	37.5,75,150 mgs XR 25,27.5, 50,75,100 mgs	375 mgs (divided dose, B.I.D. or T.I.D.)	XR and regular may be mixed. Stopping suddenly may cause serotonin withdrawal syndrome.
duloxetine	Cymbalta \$\$\$\$	20-30 mgs	30-60 mgs	20,30,60 mgs	60 mgs	More P450 interactions than other third generation antidepressants.
vilazodone	Viibrid \$\$\$\$	10 mgs	40 mgs	10,20,40 mgs	40 mgs	Titrate from 10 to 40 mgs over two weeks; take with food to optimize absorption.
desvenlafaxine	Pristiq \$\$\$\$	50 mgs	50 mgs	50,100 mgs	100 mgs	No evidence that doses over 50 mgs are more effective.

Medication Combinations

When a single antidepressant is not achieving full remission, combining two antidepressants is usually tolerated and simpler than older augmentation strategies. Combination of agents with different mechanisms of action include:

- sertraline or citalopram with bupropion, mirtazapine or TCA
- mirtazapine with venlafaxine or bupropion