



## ANTIDEPRESSANT MEDICATIONS

### Antidepressant Medication Dosing

#### a) Serotonin Reuptake Inhibitors (SSRIs)

Common side effects in all SSRIs (> 10 %): insomnia, restlessness, agitation, fine tremor, GI distress (nausea, headache, dizziness, sexual dysfunction)

<i>Drug Name<sup>a</sup></i>	<i>Unit doses available (in mg)</i>	<i>Therapeutic dosage range (mg)</i>	<i>Usual daily dose (mg)</i>	<i>Starting daily dose in elderly patients (mg)</i>	<i>Comments and common side effects-specific to this drug, in addition to common side effects described above</i>
1. Fluoxetine <sup>c</sup>	10, 20	10-60	20	10	Fluoxetine has a very long half-life of 4-6 days after chronic administration (>60 days).
2. Paroxetine <sup>b</sup>	10, 20, 30, 40	10-60	20-30	10	Dry mouth, constipation, weakness, and fatigue.
3. Citalopram <sup>c</sup>	20, 40	10-40	20	10	Relatively few drug interactions.
4. Sertraline <sup>c</sup>	50, 100	25-200	50-100	25	Lowest or no serum levels in breastfed infants. Diarrhea.
5. Escitalopram <sup>c</sup>	10, 20	10-20	10	10	Few drug interactions.

<sup>a</sup> Available as a generic.

<sup>b</sup> Generally should not be used in pregnancy (FDA pregnancy category D); but good evidence acceptable to use during breastfeeding.

<sup>c</sup> Wide use and most evidence in pregnancy and breastfeeding (FDA pregnancy category C).

Continued

**b) Other Newer Antidepressants <sup>a</sup>**

<b>Drug Name <sup>a</sup></b>	<b>Unit doses available (mg)</b>	<b>Therapeutic daily dosage range (mg)</b>	<b>Usual daily dose (mg)</b>	<b>Starting daily dose in elderly patients (mg)</b>	<b>Comments and common side effects specific to this drug</b>
1. Bupropion <sup>b, c</sup>	75, 100	75 –150 bid – tid	75 –150 bid	75	Insomnia/agitation. Risk of seizures at high doses.
Bupropion SR <sup>b, c</sup>	SR100, SR150	100-200 bid (SR)	100-150 bid (SR)	100 (SR)	Twice daily dosing with SR preparation.
2. Venlafaxine	25, 37.5, 50, 75, 100	12.5-150 bid	25-100 bid	25	Nausea, agitation/insomnia. Elevations in BP at higher doses (> 150 mg / day).
Venlafaxine XR	XR 37.5, XR 75, XR 150	37.5-225 qd (XR)	75-300 qd (XR)	37.5 (XR)	Slow release preparation allows BID dosing with few side effects.
3. Duloxetine	20, 30, 60	40 – 60	60 mg qd	30 mg	Nausea, somnolence, headache, dry mouth, tremor. May be helpful for neuropathic pain and stress urinary incontinence. Enteric coated. Do not break tablets.
4. Mirtazapine	15, 30	15 – 45 qhs	15 – 30 qhs	15 qhs	Sedation, weight gain.

<sup>a</sup> All available as generic formulation.

<sup>b</sup> Bupropion should be avoided in patients with a history of seizures or with significant head trauma or CNS lesions that put the patient at higher risk for seizures but good choice for anorgasmia, smokers, and weight loss.

<sup>c</sup> Most use/evidence of relatively safe use during pregnancy (FDA pregnancy Class B).