Common Antidepressants: Dosage Guidelines & (side effects)

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Serotonin Reuptake Inhibitors: (GI distress, insomnia, sexual dysfunction)

- Citalopram (Celexa): 40 mg adults up to age 60; 20 mg over age 60 or in presence of omeprazole; (FDA recommends not to use more than 40 mg due to potential for QTC prolongation).

- Escitalopram (Lexapro): 10-20 mg depending on age, other meds; (risk of QTC prolongation).

- Sertraline (Zoloft): average 50 mg, up to 200 mg (do not give to women taking tamoxifen)

- Fluoxetine (Prozac): start with 10 mg, avg 20-40 mg to 80 mg; (Cyt P450 issues esp with TCAs).

- Paroxetine (Paxil): start with 10 mg, avg 20-40 mg, up to 50 mg. (+Discontinuation Syndrome).

- Fluvoxamine (Luvox): start with 25 mg, avg 100-200 mg

Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)

- Venlafaxine (Effexor): start with 75 mg, usual dose 225-300 mg per day (hypertension, headaches, GI distress); +Discontinuation syndrome.

- Duloxetine (Cymbalta): start with 20 mg, usual dose 60-80 mg, may increase to 120 mg per day. (contraindicated in patients with liver disease, nonspecific side effects)

Mirtazapine (Remeron): 15 mg to start, increase to 30-60 mg; more sedating at lower doses. (sedation, weight gain, edema, lowest incidence of sexual dysfunction of SS/NRIs)

Bupropion (Wellbutrin): 75 mg to start, max 300-400 mg, compliance increases with once daily Wellbutrin XL. (HTN, risk of seizures ↑with bulimia and ETOH; no weight gain, no sexual dysfunction)

Trazodone: Useful for sleep (50-100 mg), if tolerated can be used for depression 200-300 mg; (Sedation, postural hypotension, priapism).

Vilazodone (Vibryyd): start with 10 mg, titrate up to 40 mg. (diarrhea, n/v, insomnia)

Vortioxetine (Trintellix): 5-20 mg, (n/v, diarrhea, H/A, hyponatremia, vision problems, sexual dysfunction)

Augmentation Strategies:

- Lithium 150 mg, increase to 600 mg at hs. (weight gain, renal dysfunction, thyroid dysfunction)

- Lamictal (Lamotrigine): dose depends on whether patient also on Depakote. (severe rash if dose escalated too quickly)

- Abilify (Aripiprazole) 2 mg to 15 mg; (tardive dyskinesia)

- Seroquel (Quetiapine): 25-300 mg; (weight gain, ↑cholesterol, ↑glucose)

- Buspar (Buspirone): start with 5-10 mg and increase gradually to 60 mg; (GI distress)

- Psychostimulants: ie Ritalin 10-20 mg, Adderall XR 10-20 mg. (↑heart rate, ↑blood pressure, tics)