TABLE 466-1 ANTIDEPRESSANTS

Name	Usual Daily Dose, mg	Side Effects	Comments
SSRIs			
Fluoxetine (Prozac)	10–80	Headache; nausea and other GI effects; jitteriness; insomnia; sexual dysfunction; can affect plasma levels of other medicines (except sertraline); akathisia rare	Once-daily dosing, usually in the morning; fluoxetine has very long half-life; must not be combined with MAOIs
Sertraline (Zoloft)	50–200		
Paroxetine (Paxil)	20–60		
Fluvoxamine (Luvox)	100–300		
Citalopram (Celexa)	20–60		
Escitalopram (Lexapro)	10–30		
TCAs			
Amitriptyline (Elavil)	150–300	Anticholinergic (dry mouth, tachycardia, constipation, urinary retention, blurred vision); sweating; tremor; postural hypotension; cardiac conduction delay; sedation; weight gain	Once-daily dosing, usually qhs; blood levels of most TCAs available; can be lethal in overdose (lethal dose = 2 g); nortriptyline best tolerated, especially by elderly
Nortriptyline (Pamelor)	50–200		
Imipramine (Tofranil)	150–300		
Desipramine (Norpramin)	150–300		
Doxepin (Sinequan)	150–300		
Clomipramine (Anafranil)	150–300		FDA approved for OCD
Mixed Norepinephrine/Serotonin Reuptake Inhibitors (SNRI) and Receptor Blockers			
Venlafaxine (Effexor)	75–375	Nausea; dizziness; dry mouth; headaches; increased blood pressure; anxiety and insomnia	Bid-tid dosing (extended release available); lower potential for drug interactions than SSRIs; contraindicated with MAOIs
Desvenlafaxine (Pristiq)	50–400	Nausea, dizziness, insomnia	Primary metabolite of venlafaxine; no increased efficacy with higher dosing
Duloxetine (Cymbalta)	40–60	Nausea, dizziness, headache, insomnia, constipation	May have utility in treatment of neuropathic pain and stress incontinence
Mirtazapine (Remeron)	15–45	Somnolence, weight gain; neutropenia rare	Once a day dosing
Vilazodone (Viibryd)	40	Nausea, diarrhea, headache; dosage adjustment if given with CYP3A4 inhibitor/stimulator	Also 5-HT_{1a} receptor partial agonist
Vortioxetine (Brintellix)	5–20	Nausea, diarrhea, sweating, headache; low incidence of sedation or weight gain	No specific p450 effects; 5-HT_{3a} and 5-HT_{7} receptor antagonist, 5-HT_{1b} partial agonist, and 5-HT_{1a} agonist
Levomilnacipran (Fetzima)	40–120	Nausea, constipation, sweating; rare increase in blood pressure/pulse	Most noradrenergic of SNRIs
Mixed-Action Drugs			
Bupropion (Wellbutrin)	250–450	Jitteriness; flushing; seizures in at-risk patients; anorexia; tachycardia; psychosis	Tid dosing, but sustained release also available; fewer sexual side effects than SSRIs or TCAs; may be useful for adult ADD
Trazodone (Desyrel)	200–600	Sedation; dry mouth; ventricular irritability; postural hypotension; priapism rare	Useful in low doses for sleep because of sedating effects with no anticholinergic side effects
Trazodone extended release (Oleptro)	150–375	Daytime somnolence, dizziness, nausea	
Amoxapine (Asendin)	200–600	Sexual dysfunction	Lethality in overdose; EPS possible
MAOIs			
Phenelzine (Nardil)	45–90	Insomnia; hypotension; edema; anorgasmia; weight gain; neuropathy; hypertensive crisis; toxic reactions with SSRIs; narcotics	May be more effective in patients with atypical features or treatment-refractory depression
Tranylcypromine (Parnate)	20–50		
Isocarboxazid (Marplan)	20–60		Less weight gain and hypotension than phenelzine
Transdermal selegiline (Emsam)	6–12	Local skin reaction hypertension	No dietary restrictions with 6 mg dose

Abbreviations: ADD, attention deficit disorder; EPS, extrapyramidal symptoms; FDA, U.S. Food and Drug Administration; GI, gastrointestinal; MAOIs, monoamine oxidase inhibitors; OCD, obsessive-compulsive disorder; SSRIs, selective serotonin reuptake inhibitors; TCAs, tricyclic antidepressants.

also has limited active metabolites.) Treatment should be initiated at the lowest dose possible and prescribed on an as-needed basis as symptoms warrant. Benzodiazepines differ in their milligram per kilogram potency, half-life, lipid solubility, metabolic pathways, and presence of active metabolites. Agents that are absorbed rapidly and are lipid soluble, such as diazepam, have a rapid onset of action and a higher abuse potential. Benzodiazepines should generally not be prescribed for >4–6 weeks because of the development of tolerance and the risk of abuse and dependence. Withdrawal must be closely monitored as relapses can occur. It is important to warn patients that concomitant use of alcohol or other sedating drugs may exacerbate side effects and impair their ability to function. An optimistic approach that encourages the patient to clarify environmental precipitants, anticipate his or her reactions, and plan effective response strategies is an essential element of therapy.

Adverse effects of benzodiazepines generally parallel their relative half-lives. Longer-acting agents, such as diazepam, chlordiazepoxide, flurazepam, and clonazepam, tend to accumulate active metabolites, with resultant sedation, impairment of cognition, and poor psychomotor performance. Shorter-acting compounds, such as alprazolam, lorazepam, and oxazepam, can produce daytime anxiety, early morning insomnia, and, with discontinuation, rebound anxiety and insomnia. Although patients develop tolerance to the sedative effects of benzodiazepines, they are less likely to habituate to the adverse psychomotor effects. Withdrawal from the longer half-life benzodiazepines can be accomplished through gradual, stepwise dose reduction (by 10% every 1–2 weeks) over 6–12 weeks. It is usually more difficult to taper patients off shorter-acting benzodiazepines. Physicians may need to switch the patient to a benzodiazepine with a longer half-life or use an