

Antidepressant Regimes *(with suggested dosages for elderly and medically ill)*

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	Initial dose	Maintenance	Half life	Adverse effects	Comments
Selective Serotonin Reuptake Inhibitors (SSRIs)					
Fluoxetine**#	10-20mg mane (10 mg mane)	20-60 mg (10-20 mg)	24-140 hours	Nausea, agitation	Analgesic activity
Paroxetine**	10-20 mg mane (10 mg mane)	10-50 mg	24 hours	Headache, diarrhoea	No sedating action
Sertraline*	25-50 mg mane (25mg mane)	25-150mg (25-50mg)	24-26 hours	Agitation, nausea	Used in elderly
Fluvoxamine#+	25 – 50 mg	50–300 mg	17-22 hours	Sedation, drops seizure threshold	Used in OCD
Citalopram*	10 mg mane	20-60 mg	33 hours	Nausea, agitation	Can be used with liver impairment
Escitalopram	5-10mg mane	10-20mg	27-32 hours	Agitation, diarrhoea blurred vision, ↓BP.	Low risk of Drug-Drug Interactions CI use with MAO
<p>* Interact with morphine and neuroleptics, TCAs through 2D6 subenzyme system, sertraline and citalopram less so # Interact with paracetamol, codeine, steroids, tamoxifen alprazolam, carbamazepine through 3A4 subsystem + Interact with TCAs, warfarin, paracetamol through 1A2 subsystem</p>					
Tricyclic Antidepressants (TCAs)					
Amitriptyline Dothiepin	10-50 mg nocte (10mg nocte) for both	10-150 mg	8-24 hours 11-40 hours	Blurred vision, ↓BP, sedation, delirium, urinary retention	Tolerability can be problematic: Amitrip has analgesic activity
Nortriptyline	25-50 mg nocte (10-20 mg nocte)	50-125 mg (10-50 mg)	18-96 hours	Dry mouth, constipation (least antichol of TCAs)	Less ↓BP, used in elderly in low doses Has anticraving effects
Doxepin	25-50 mg nocte (10-20 mg nocte)	50-150 mg (10-75 mg)	8-24 hours	Dry mouth, constipation	Useful for sedation in sedative withdrawal
Imipramine	25-50 mg nocte (10-20 mg nocte)	50-150 mg (10-75 mg)	4-18 hours	Dry mouth, constipation	Anxiolytic, used for panic
Clomipramine	10-50 mg nocte	10-150 mg	17-28 hours	Dry mouth, constipation	Used in OCD, most anticholinergic



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Other types of antidepressants					
Venlafaxine XR#	75mg mane (37.5 mg)	Up to 225 mg for XR	15 hours	Nausea, agitation, constipation, dizziness	Can have longer term GIT problems, higher doses can ↑BP
Desvenlafaxine	50mg mane	50-100mg, max 200mg (50mg)	11 hours	Nausea, agitation, constipation, headache	Claimed to have less withdrawal problems than venlafaxine. Not metabolized in liver so less drug interactions
Duloxetine +*	60mg	60mg (up to 120mg)	12 hours	Nausea, dizziness	Role in pain management unclear
Mirtazapine	15 mg nocte	15-60 mg nocte	20-40 hours	Sedation, weight gain	May assist insomnia
Reboxetine	2mg bd (2-4 mg)	4-10 mg	13 hours	Cardiovascular, drops seizure threshold	
Moclobemide	150 mg mane (75-150 mg mane)	150-900 mg (150-600 mg)	1-2 hours	Nausea, interacts with pethidine, SSRIs, no dietary restrictions	Useful in chronic fatigue. Less effect on sexual interest
Phenelzine	15 mg mane	15-60 mg	1.5 hours	Interactions with other medications, consult before initiating and changing treatment	
Tranlycypromine	10 mg mane	30-60 mg	2.5 hours		
Mianserin	10-30 mg nocte (10-20 mg nocte)	20-90 mg 10-40 mg	21-61 hours	Blood dyscrasias (rare)	Sedation can be useful
Hypericum – St John's Wort	300 mg	300-900 mg	Non-prescription	Photosensitivity	Interacts with warfarin, some HIV drugs
Bupropion	150 mg mane (50-75 mg)	300 mg(75-225 mg)	20 hours	Flushing, insomnia, drops seizure threshold	Only PBS indication for smoking cessation