

SSRI / SNRI Titration Schedule

Medication	Starting Dose	Increments	Effective Dose	Maximum Dosage	Contraindicated
<i>L</i> Citalopram	10 mg <u>qd</u>	10 mg	20 mg	40 mg	MAOI's
Escitalopram	5 mg	5 mg	10 mg	20mg	MAOI's
<i>Prozac</i> Fluoxetine	5-10 mg <u>qd</u>	10-20 mg	10-20 mg	60 mg	MAOI's
Fluvoxamine	50 mg <u>qd</u>	50 mg	150 mg	300 mg	MAOI's
<i>Snr</i> Duloxetine (Cymbalta)	30 mg <u>poqd</u>	30 mg	30-60 mg	120 mg	Indicated for GAD 7-17
<i>Zoloft</i> Sertraline	25 mg <u>qd</u>	12.5 -25 mg	50 mg	200 mg	MAOI's

*start x 1 week, then effective dose x 2-4 weeks, then re-do screeners. If ok, keep 2-4 weeks
 If no Δ + suffering, switch.
 If not enough keep - increase + keep 2-4 weeks*

MEDICATIONS FOR DEPRESSION AND ANXIETY

Generic Name	Trade Name	Available Forms	Dosing	Duration	Peak Effect	FDA Indication	Side Effects	Comments
citalopram	CELEXA	Tablets: 10, 20, 40 mg Solution: 10 mg/5ml	Start with 10 mg given every morning Dose range: 10-40 mg daily	24 hours	4-6 weeks	MDD (A)	Common: nausea, dry mouth, somnolence, insomnia, tremor, ejaculatory dysfunction, dyspepsia, decreased libido Serious: serotonin syndrome, increased suicidality/worsening depression, mania,	Good side effect profile. Does not usually cause
escitalopram	LEXAPRO	Tablets: 5, 10, 20 mg Solution: 5 mg/5ml	Start with 5 mg (or less) given every morning Dose range 5-20 mg daily	24 hours	4-6 weeks	MDD (12 - 17 yo) & GAD (A)		S-isomer of citalopram
fluvoxamine	LUVOX	Tablets: 25, 50, 100 mg	Start with 25 mg given at bedtime; doses above 50 mg should be divided Dose Range: 50-300 mg daily	24 hours	4-6 weeks	OCD (Child & Adolescents)		Luvox brand discontinued in US
paroxetine	PAXIL / PAXIL CR	Tablets: 10, 20, 30, 40 mg Solution: 10 mg/5ml CR Tablets: 12.5, 25, 37.5 mg ER	Start with 10 (12.5 if CR) mg daily (may be given at night) Dose range: 10-50 (12.5-37.5 if CR) mg daily	24 hours	4-6 weeks	Paxil: MDD, OCD, Panic, SAD, GAD, PTSD (A) Paxil CR: MDD, panic, PMDD (premenstrual), SAD (A)		Increased risk of withdrawal symptoms if discontinued abruptly
fluoxetine	PROZAC	Tablets: 10, 20, 40 mg Solution: 20 mg/5ml	8-11 yo: Start 5-10 mg given every morning 12 and older: Start 10 mg given every morning Dose range: 5-20 mg in children under 12 y/o and 5-40 (to 80 in some cases) mg in children over 12 y/o	24-72 hours	4-6 weeks	MDD, OCD, Bulimia Nervosa, Panic, PMDD (A) MDD (8-17 y/o), OCD (7-17 y/o)		Weekly form available. Long half life prevents withdrawal symptoms if dose is missed
sertraline	ZOLOFT	Tablets: 25, 50, 100 mg Solution: 20 mg/ml	Start 12.5 mg per day Dose range: 50-200 mg daily	24 hours	4-6 weeks	MDD, OCD, Panic, PTSD, PMDD, SAD (A) OCD (6-17 y/o)		
venlafaxine	EFFEXOR / EFFEXOR XR	Tablets: 25, 37.5, 50, 75, 100 mg XR Capsules (Extended release): 37.5, 75, 150 mg	Start 75 mg/day in divided doses; XR form can be used once daily Dose Range: 75-225 mg (225 mg max per FDA indication; however, in adults max frequently up to 375 mg)	8-12 hours XR: 24 hours	4-6 weeks	MDD (A) XR: MDD, GAD, Panic, SAD (A)	Common: nausea, dry mouth, somnolence, insomnia, tremor, ejaculatory dysfunction, dyspepsia, decreased libido Serious: serotonin syndrome, increased suicidality/worsening depression, mania, HTN, seizures	Monitor BP closely
duloxetine	CYMBALTA	Capsules: 20, 30, 60 mg	Starting dose: 30 mg / day for 2 weeks before considering an increase to 60 mg Dose range: 30 to 120 mg / day 7 - 17 y/o Adults: 40-60 mg/ day for MDD, up to 120 for GAD	24 hours	4-6 weeks	MDD, diabetic neuropathy, GAD	Common: nausea, dry mouth, somnolence, insomnia, tremor, ejaculatory dysfunction, dyspepsia, decreased libido, HTN Serious: serotonin syndrome, increased suicidality/worsening depression, mania, hepatotoxicity, Stevens-Johnson syndrome, seizures	
bupropion	WELLBUTRIN	Tablets: 75, 100 mg	Start with 75 mg given twice per day Dose range: 37.5 to 450 mg/day in 2-3 divided doses	12 hours	4-6 weeks	MDD (A)		
bupropion	WELLBUTRIN SR	Tablets: 100, 150 mg	Start: 100 mg PO qam, incr. 100 mg/day qwk, divide dose bid Max: 400 mg/day Info: avoid/minimize alcohol use; do not cut/crush/chew	12-24 hours	4-6 weeks	MDD (A)	Common: Insomnia, irritability, dry mouth, headaches, stomach upset, agitation, muscle aches, appetite suppression and weight loss, constipation or diarrhea. Less common: Stevens-Johnson syndrome, erythema multiforme, seizures, mania, psychosis, increased heart rate, liver failure, severe hypertension, migraines, worsened depression, suicidal thoughts	
bupropion	WELLBUTRIN XL	Tablets: 150, 300 mg	Start: 150 mg PO qam, incr. after 7 days to 300 mg/day Max: 450 mg/day Info: avoid/minimize alcohol use; do not cut/crush/chew	24 hours	4-6 weeks	MDD & SAD (A)		

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NOTE: ALL INFORMATION SHOULD BE CHECKED AGAINST CURRENT PDR