



Recommended antidepressant medications

Medication	Starting dose	Average therapeutic dose	Maximum dose	Considerations
Selective Serotonin Reuptake Inhibitors (SSRI)				
Sertraline	25-50mg daily	50-200mg daily	200mg daily	Possible QTc prolongation.
Escitalopram	2.5-5mg daily	10-20mg daily	10mg* daily	
Citalopram	5-10mg daily	20-30mg daily	20mg* daily	
Serotonin and norepinephrine reuptake inhibitors (SNRIs)				
Duloxetine	30mg daily	60-120mg daily	120mg daily	May increase blood pressure.
Venlafaxine	37.5mg daily	150-300mg daily	300mg daily	May increase blood pressure.
Other antidepressants				
Mirtazipine	7.5-15mg qhs	30-45mg qhs	45mg qhs	Sedating, weight gain.
Bupropion SR	100mg qam	100-150mg BID	200mg BID	Activating. Risk of seizure with high dosage.
Bupropion XL	150mg daily	150mg BID	450mg daily	Activating. Risk of seizure with high dosage.
Nortriptyline (tricyclic)	10-25mg qhs	40-100mg qhs	150mg qhs	Not first-line. Anti-cholinergic properties, cardio-vascular side effects. Monitor blood levels.
Vortioxetine	10mg daily	10-20mg daily	20mg daily	

***Recommended maximum dosage for older adults.**
qhs = each evening, qam = each morning, bid = twice per day