

<b>DEPRESSION MEDICATION: DOSING RECOMMENDATIONS (mg)</b>							
	Starting dose		Once daily	Q4 weeks ↑ dose by	Effective dose	Max dose	Notes
	Week 1	Week 2					
<b>FLUOXETINE</b> (Prozac®)	5	10	AM	10-20	20	60	activating
<b>SERTRALINE</b> (Zoloft®)	12.5	25	PM	25-50	50	200	sedating
<b>CITALOPRAM</b> (Celexa®)	5	10	AM or PM	10	20	40	few interactions
<b>ESCITALOPRAM</b> (Lexapro®)	2.5	5	AM	5	10	20	few interactions
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- Medication is one part of the treatment for depression. It is important to take your medication every day.
- As your body adjusts to the new medication, you may feel too sleepy, have trouble sleeping, or have an upset stomach. These side effects should go away in a few days. Very few (1-2%) people who take this medication may feel worse (more irritable, agitated).
- Most people feel much better after a few weeks on medication, and see a big difference after 4-6 weeks. If you have any concerns, call our office and we will talk about what to do.

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