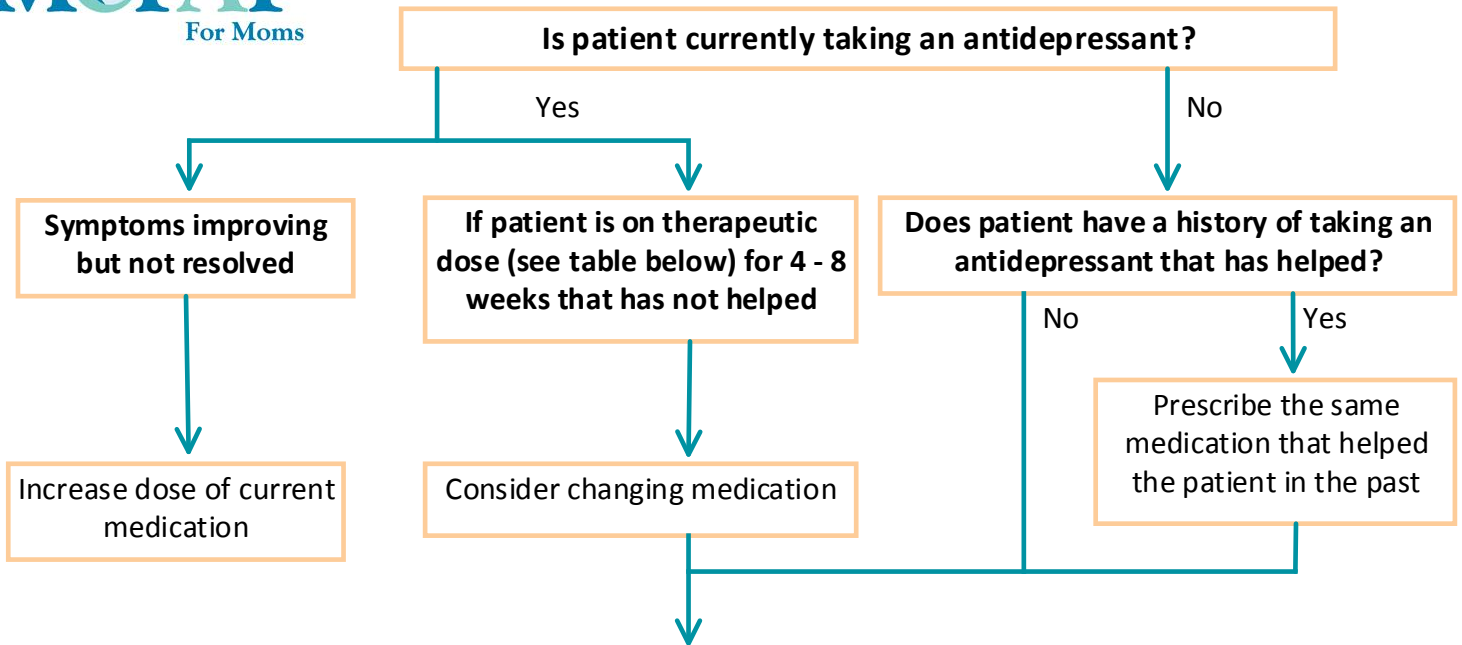


Antidepressant Treatment Algorithm



	First line treatment [†]	Other SSRI Options		
Medication	sertraline [‡] (Zoloft)	fluoxetine (Prozac)	citalopram (Celexa)	escitalopram (Lexapro)
Starting dose	25 mg	10 mg	10 mg	5 mg
How to ↑	↑ to 50 mg after 4 days, ↑ to 100 mg after 7 days, then ↑ by 50 mg until symptoms remit	↑ to 20 mg after 4 days, then ↑ by 10 mg until symptoms remit	↑ to 20 mg after 4 days, then ↑ by 10 mg until symptoms remit	↑ to 10 mg after 4 days, then ↑ by 10 mg up to 20 mg until symptoms remit
Therapeutic range	50 - 200 mg	20 - 60 mg	20 - 40 mg	10 - 20 mg

[†]if not currently on a medication that is helping
[‡]a safer alternative in lactation: lowest degree of translactal passage & fewest reported adverse effects compared to other antidepressants

In general if an antidepressant has helped, it is best to continue it during lactation

General side effects of medication	Temporary	Long-term	Recommend patients take medication with food to decrease side effects
	Nausea Constipation/diarrhea Lightheadedness Headaches	Increased appetite/weight gain Sexual side effects Vivid dreams/insomnia	

Tell women only to increase dose if tolerating; otherwise wait until side effects dissipate before increasing
For effects on fetus/neonate see *Educating Patients About Antidepressant Medication during Pregnancy and Lactation*

