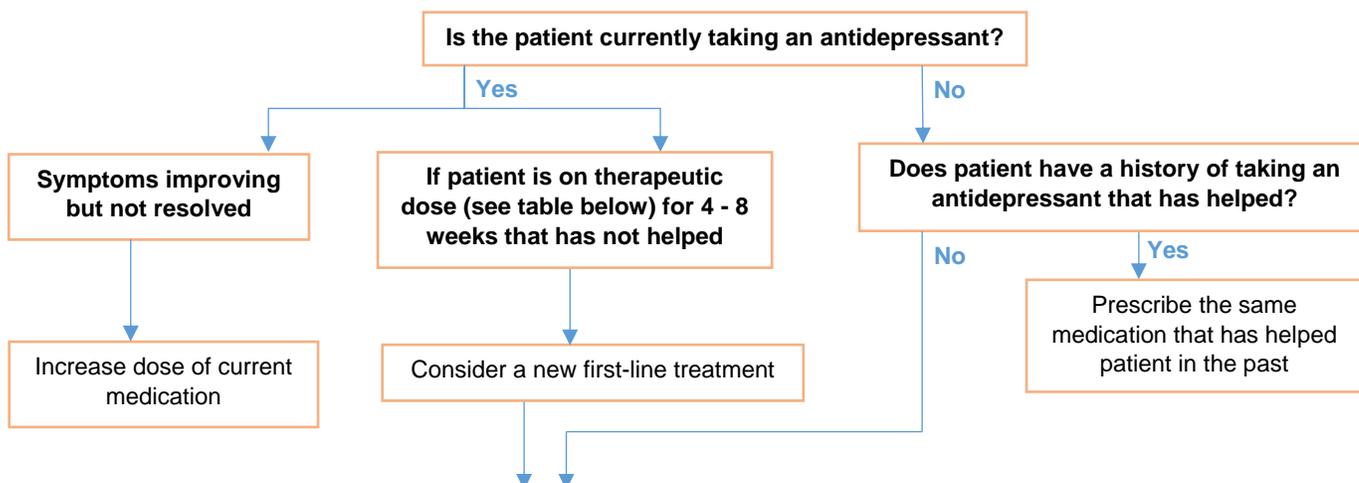


Antidepressant Treatment Algorithm

When antidepressant medication is indicated, review the algorithm below to select the best treatment.



First-Line Treatment				
Medication	sertraline* (Zoloft)	fluoxetine (Prozac)	citalopram (Celexa)	escitalopram (Lexapro)
Starting Dose	25 mg	10 mg	10 mg	5 mg
How to Titrate	↑ 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

Second-Line Treatment			
SSRIs	SNRIs		Other
paroxetine (Paxil) 20-60mg <i>Increase in 10 mg increments</i>	venlafaxine (Effexor) 75-300mg <i>Increase in 75 mg increments</i>	bupropion (Wellbutrin) 300-450mg <i>Increase in 75 mg increments</i>	vilazodone (Vibryd) levomilnacipran (Fetzima) vortioxetine (Brintellix) desvenlafaxine (Pristiq) Newer medications have not been studied in pregnancy and lactation. Call MCPAP for Moms if considering.
fluvoxamine (Luvox) 50-200mg <i>Increase in 50 mg increments</i>	duloxetine (Cymbalta) 30-60mg <i>Increase in 20 mg increments</i>	mirtazapine (Remeron) 15-45mg <i>Increase in 15 mg increments</i>	

Lactation Considerations	<ul style="list-style-type: none"> Sertraline has the lowest degree of passage into breastmilk and fewest reported adverse effects compared to other antidepressants.* All of the medications above, when taken during lactation, are present in low amounts in breast milk. If an antidepressant has helped before or during pregnancy, it is best to continue it during lactation. 		
General Side Effects of Medication	<u>Temporary</u> Nausea Constipation/diarrhea Lightheadedness Headaches	<u>Long-term</u> Increased appetite/weight gain Sexual side effects Vivid dreams/insomnia	<i>Recommend patients take medication with food to decrease side effects</i>

Repeat EPDS in 2 – 4 weeks and re-evaluate depression treatment plan via clinical assessment

If no/minimal clinical improvement after 4 - 8 weeks

If patient has **no or minimal side effects**, increase dose
 If patient has side effects, switch to a different medication

If clinical improvement and no/minimal side effects

Reevaluate every month and at postpartum visit

Call MCPAP for Moms: 855-MOM-MCPAP (855-666-6272)