

**MEDICATIONS FOR DEPRESSION, ANXIETY, AND OBSESSIVE-COMPULSIVE DISORDER (Page 2)**

Group Main Use	Medication Brand/Generic	Form	Dose Schedule	Dose Range	Most Common Side Effects for Group	Pros for Group	Cautions for Group
Remeron (depression booster, sleep, and appetite increase)	Remeron mirtazapine	Tablet, Scored 15, 30, 45 mg  Solutab 15, 30, 45mg	Once a day, evening	Child:7.5-30 mg Adoles:7.5-45 mg Adult 15-45 mg	Sedation, often increases appetite. May be less sedation at higher doses.	Less GI or sexual side effects than SRI group. Helps sleep, agitation and anxiety. Combination of norepinephrine and serotonin boost. May boost other meds. Few interactions. No Routine labs or EKG. May help GI. Generic	As with all antidepressants, avoid combinations or overlap with MAOI. Same time onset as SRI or TCA.
Wellbutrin (depression, booster)	Wellbutrin bupropion HCl  Aplenzin Bupropion HBr  Zyban	Tablet (not scored) 75, 100mg  174, 348 = 300, 522mg  SR 100, 150, 200mg 150mg XL 300mg XL	Given 2-3 times a day. Start in the a.m. SR 1-2 times a day.  XL once a day  Aplenzin once a day	Child:37.5-150mg Adoles:75-300mg Adult 150-450mg	Increased energy. Decreased appetite.	No significant sexual side effects. No labs or EKG needed. Very few interactions.  May help Attention Deficit Hyperactivity Disorder.  Good for boosting other meds.  Approved to help stop smoking.  Generic	Avoid if personal seizure history. Caution if family seizure history. Avoid if bulimia. Probably less effective than SRI for severe anxiety.  Same time onset as SRI and TCA and all other antidepressants.
(depression sleep)	Desyrel trazodone	Tablets 50, 100, 150, 300mg	Usually bedtime only	Child: 25-200mg Adoles: 25-300mg Adult: 50-600mg	Sedation significant especially with Trazodone. Dizziness.	Excellent sleep aid. Often used to help sleep along with SRI or Wellbutrin. Not habit forming. Inexpensive generic.	One in 10,000 risk of priapism. Trazodone relatively weaker antidepressant and anti-anxiety medication.
SNRI Serotonin and Norepinephrine Inhibitors  (depression, anxiety, panic, OCD, pain)	Effexor (venlafaxine)  Effexor XR (venlafaxine)  Pristig XR (desvenlafaxine)  Cymbalta (duloxetine)	tablet, scored 25, 37.5, 75, 100 mg  XR(extended release) 37.5, 75 ,150 mg  XR tablets 50, 100 mg  capsule 20 mg 30 mg 60 mg	2 or 3 times a day  XR once a day	Child: 25-200 mg Adoles: 75-300 mg Adult: 150-450 mg  50 - ≤ 400 mg	Similar to SRI plus a bit more night sweat and constipation sometimes.	Effexor and other SNRI's increase both serotonin and norepinephrine thus affecting two important neurotransmitter systems, unlike SRI's. May be broader spectrum effect because of two transmitters increased. Fewer interactions.  Same as Effexor. Research shows benefit against pain. FDA approval of Cymbalta for pain is a plus.	Slight risk increased blood pressure at doses over 200 mg total a day. (less than 5% chance.)  Discontinuation syndrome (nausea, dizziness, "flu-ish," "out of sorts") may occur if stopped suddenly without taper or skip one or several days. Not dangerous, but unpleasant. More likely with Paxil or Effexor, not with Prozac because it lasts longest. Can occur with SRI, SNRI, or TCA.  Cymbalta rare liver injury especially if alcohol abuse.
Savella (fibromyalgia, depression)	Savella Milnacipran	Tablets 12.5, 25, 50, 100mg	Usually twice a day	12.5 to 200mg 100mg is adult usual dose after building up slowly.	Like other SNRIs. Can affect liver or urine flow. Nausea and constipation are most common. Little weight effect if any.	Although Savella is an SNRI like others and approved in Europe for depression, it is FDA approved so far only for fibromyalgia. Fetzima is approved for depression, not fibromyalgia. These 2 emphasize norepinephrine more than serotonin.	Because it is an SNRI avoid use with an SRI or other SNRI.  These 2 SNRI meds are very similar to other 3. Newer in US.
Fetzima (depression)	Fetzima levomilnacipran	XR capsules 20, 40, 80, 120mg	Once a day	40-120mg adults		Both are brand only.	

**All these medications should be taken 7 days a week to be effective. Simultaneous use of alcohol or cigarettes and especially street drugs should be avoided. All antidepressants may increase mania risk in persons with Bipolar (manic-depressive) disorder. All medications should be avoided if possible in pregnancy. This chart is intended to be a summary guide, not a full and complete list. Agomelatine (Valdoxan in Europe and Canada) is a melatonin agonist and partial serotonin blocker for depression, but is not yet approved in US.**