

TRICYCLIC ANTIDEPRESSANTS OLDER MEDICATIONS FOR DEPRESSION AND ANXIETY

Group Main Use	Medication Brand/Generic	Form	Dose Schedule	Dose Range	Most Common Side Effects for Group	Pros for Group	Cautions for Group
TCA Tricyclic Antidepressants (depression, anxiety panic, migraines, sleep)	Elavil (Amitriptyline)	tablets (not scored) 10, 25, 50, 75, 100, 150mg	Usually once a day in the evening Split dose may be useful (a.m. and p.m.)	Child: 25-100 mg Adoles: 50-150 mg Adult: 100-300mg	Sedation, dry mouth, constipation. Dizziness, high heart rate, fatigue, blurry vision. May worsen abnormal heart rate or glaucoma or slow urination if enlarged prostate. Occasional sexual side effects. Side-effects usually lessen with time.	Broad range of effects in depression, panic attacks, sleep, pain, headaches, bed-wetting, ADHD, post traumatic stress. Does not cut appetite. Helps sleep. Used to prevent migraines. Helps chronic pain. 50 years of well studied experience.	Affects many transmitters so relatively more side effects. May be dangerous in overdose. Labs and EKG usually advised to monitor heart, liver, and level in blood. May increase appetite. Probably less effective than SRI for anxiety except panic.
	Pamelor (Nortipylone)	capsules Doxepin	Silenor is a brand of Doxepin for sleep that comes in only 3 and 6 mg sizes.	Nortipylone and Anafranil doses lower.			
	Sinequan (Doxepin) (Silenor)	Pamelor					
	Tofranil (Imipramine)	Liquid Pamelor Doxepin					
	Surmontil (trimipramine)	capsules 25, 50, 100mg	Start 25 mg 2 to 3 times daily	50-150mg max 200mg			
	Vivactil (protriptyline)	tablets 5, 10mg	Start 5mg 2 or 3 times daily	15-40mg max: 60mg		Vivactil is more likely to energize than other TCA's.	
	Anafranil Clomipramine	capsule 25mg 50mg 75mg	Evening	25-300mg	Same as other TCA	May be the most effective medication for obsessive-compulsive disorder (The only TCA that often helps due to also having SRI action) Children often tolerate better than adults.	Same as other TCA although probably the most side effects, especially for adults.

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.