

Table 2.
Antidepressant choices for older patients

GENERIC NAME	TRADE NAME	STARTING DOSE, MG/D	AVERAGE DOSE, MG/D	MAXIMUM RECOMMENDED DOSE, MG/D	COMMENTS AND CAUTIONS
SSRI					
•	Celexa	10	20–40	20 for those older than 65 y 40 for others	QTc prolongation
Citalopram					QT prolongation is a measure of delayed ventricular repolarisation, can trigger re-entrant tachycardias
•	Cipralext	5	10–20	10 for those older than 65 y 20 for others	QTc prolongation
Escitalopram					
•	Zoloft	25	50–150	200	Like all SSRIs, risk of nausea, SIADH
Sertraline					
SNRI					
•	Effexor	37.5	75–225	375*	Might increase blood pressure
Venlafaxine					
Other					
•	Wellbutrin	100	100, twice daily	150, twice daily	Might cause seizures
Bupropion					
•	Remeron	15	30–45	45	Might cause sedation, especially at lower doses
Mirtazapine					
Tricyclic					
•	Norpramin	10–25	50–150	300	Anticholinergic properties; cardiovascular side effects; monitor blood levels
Desipramine					
•	Aventyl	10–25	40–100	200	Anticholinergic properties; cardiovascular side effects; monitor blood levels
Nortriptyline					

SIADH—syndrome of inappropriate secretion of antidiuretic hormone, SNRI—serotonin noradrenergic reuptake inhibitor, SSRI—selective serotonin reuptake inhibitor.

*For severe depression.

Modified from the Canadian Coalition for Seniors' Mental Health with permission.¹