

Cambridge University Press

978-0-521-74396-9 - The Prescriber's Guide, Antidepressants, Third Edition

Stephen M. Stahl

Frontmatter

[More information](#)

Stahl's Essential Psychopharmacology

The Prescriber's Guide

ANTIDEPRESSANTS

THIRD EDITION

This completely revised and updated edition of Stephen M. Stahl's much-acclaimed *Prescriber's Guide* is the latest addition to the Essential Psychopharmacology range. Every drug has been revised and updated to take into account new regulations and uses.

In full color throughout, and with four or more pages for each of the psychotropic drugs, Stephen M. Stahl distills his great expertise into a pragmatic formulary that gives all the information a prescriber needs to treat patients effectively. Each drug is covered in five categories: general therapeutics, dosing and use, side effects, special populations, and pearls.

Target icons appear next to key categories for each drug so the prescriber can go easily and instantly to the information needed. Two indices are included, listing drugs by name (generic and international) and use. In addition, Dr. Stahl indicates which drugs have FDA approval and also gives the FDA Use-in-Pregnancy Ratings.

Stephen M. Stahl is Adjunct Professor of Psychiatry at the University of California at San Diego School of Medicine. He has conducted numerous research projects awarded by the National Institute of Mental Health, the Veterans Administration, and the pharmaceutical industry. The author of more than 400 articles and chapters, Stephen M. Stahl is an internationally recognized clinician, researcher, and teacher in psychiatry with subspecialty expertise in psychopharmacology.

Cambridge University Press
978-0-521-74396-9 - The Prescriber's Guide, Antidepressants, Third Edition
Stephen M. Stahl
Frontmatter
[More information](#)

Stahl's Essential Psychopharmacology
**The Prescriber's
Guide**
ANTIDEPRESSANTS
THIRD EDITION

Stephen M. Stahl

University of California at San Diego,
San Diego, California

Editorial assistant
Meghan M. Grady

With illustrations by
Nancy Muntner



CAMBRIDGE
UNIVERSITY PRESS

Cambridge University Press
978-0-521-74396-9 - The Prescriber's Guide, Antidepressants, Third Edition
Stephen M. Stahl
Frontmatter
[More information](#)

CAMBRIDGE UNIVERSITY PRESS
Cambridge, New York, Melbourne, Madrid, Cape Town, Singapore, San Paulo, Delhi

CAMBRIDGE UNIVERSITY PRESS
32 Avenue of the Americas, New York, NY 10013-2473, USA
www.cambridge.org
Information on this title: www.cambridge.org/9780521743969

© Stephen M. Stahl 2006, 2009

This publication is in copyright. Subject to statutory exception and to the provisions of relevant collective licensing agreements, no reproduction of any part may take place without the written permission of Cambridge University Press.

First published 2006
Third edition published 2009

Printed in the United States of America

A catalog record for this publication is available from the British Library.

Library of Congress Cataloging in Publication Data

ISBN 978-0-521-74396-9 paperback

Every effort has been made in preparing this book to provide accurate and up-to-date information that is in accord with accepted standards and practice at the time of publication. Although case histories are drawn from actual cases, every effort has been made to disguise the identities of the individuals involved. Nevertheless, the authors, editors, and publishers can make no warranties that the information contained herein is totally free from error, not least because clinical standards are constantly changing through research and regulation. The authors, editors, and publishers therefore disclaim all liability for direct or consequential damages resulting from the use of material contained in this book. Readers are strongly advised to pay careful attention to information provided by the manufacturer of any drugs or equipment that they plan to use.

Cambridge University Press has no responsibility for the persistence or accuracy of URLs for external or third-party Internet Web sites referred to in this publication and does not guarantee that any content on such Web sites is, or will remain, accurate or appropriate. Information regarding prices, travel timetables, and other factual information given in this work are correct at the time of first printing, but Cambridge University Press does not guarantee the accuracy of such information thereafter.

Contents

Introduction	vii
List of icons	ix
1. amitriptyline	1
2. amoxapine	9
3. aripiprazole	17
4. atomoxetine	23
5. bupropion	29
6. citalopram	35
7. clomipramine	41
8. desipramine	49
9. desvenlafaxine	57
10. dothiepin	63
11. doxepin	69
12. duloxetine	77
13. escitalopram	83
14. fluoxetine	89
15. fluvoxamine	95
16. imipramine	101
17. isocarboxazid	107
18. lofepramine	113
19. maprotiline	119
20. milnacipran	125
21. mirtazapine	131
22. moclobemide	137
23. nefazodone	143
24. nortriptyline	149
25. paroxetine	157
26. phenelzine	165
27. protriptyline	171
28. quetiapine	177
29. reboxetine	183
30. selegiline	189
31. sertraline	197
32. tianeptine	203
33. tranylcypromine	209
34. trazodone	215

Cambridge University Press
978-0-521-74396-9 - The Prescriber's Guide, Antidepressants, Third Edition
Stephen M. Stahl
Frontmatter
[More information](#)

35. trimipramine	221
36. venlafaxine	227
Index	233
Index by Use	237
Abbreviations	239
FDA Use-In-Pregnancy Ratings	241

Introduction

This *Guide* is intended to complement *Stahl's Essential Psychopharmacology*. *Stahl's Essential Psychopharmacology* emphasizes mechanisms of action and how psychotropic drugs work upon receptors and enzymes in the brain. This guide gives practical information on how to use these drugs in clinical practice.

It would be impossible to include all available information about any drug in a single work, and no attempt is made here to be comprehensive. The purpose of this guide is instead to integrate the art of clinical practice with the science of psychopharmacology. That means including only essential facts in order to keep things short. Unfortunately that also means excluding less critical facts as well as extraneous information, which may nevertheless be useful to the reader but would make the book too long and dilute the most important information. In deciding what to include and what to omit, the author has drawn upon common sense and 30 years of clinical experience with patients. He has also consulted with many experienced clinicians and analyzed the evidence from controlled clinical trials and regulatory filings with government agencies.

In order to meet the needs of the clinician and to facilitate future updates of this *Guide*, the opinions of readers are sincerely solicited. Feedback can be emailed to feedback@neiglobal.com. Specifically, are the best and most essential psychotropic drugs included here? Do you find any factual errors? Are there agreements or disagreements with any of the opinions expressed here? Are there suggestions for any additional tips or pearls for future editions? Any and all suggestions and comments are welcomed.

All of the selected drugs are presented in the same design format in order to facilitate rapid access to information. Specifically, each drug is broken down into five sections, each designated by a unique color background: ■ therapeutics, ■ side effects, ■ dosing and use, ■ special populations, and ■ the art of psychopharmacology, followed by key references.

Therapeutics covers the brand names in major countries; the class of drug; what it is commonly prescribed and approved for by the United States Food and Drug Administration (FDA); how the drug works; how long it takes to work; what to do if it works or if it doesn't work; the best augmenting combinations for partial response or treatment resistance; and the tests (if any) that are required.

Side effects explains how the drug causes side effects; gives a list of notable, life-threatening, or dangerous side effects; gives a specific rating for weight gain or sedation; and gives advice about how to handle side effects, including best augmenting agents for side effects.

Dosing and use gives the usual dosing range; dosage forms; how to dose and dosing tips; symptoms of overdose; long-term use; if habit forming, how to stop; pharmacokinetics; drug interactions; when not to use and other warnings or precautions.

Special populations gives specific information about any possible renal, hepatic, and cardiac impairments, and any precautions to be taken for treating the elderly, children, adolescents, and pregnant and breast-feeding women.

Cambridge University Press

978-0-521-74396-9 - The Prescriber's Guide, Antidepressants, Third Edition

Stephen M. Stahl

Frontmatter

[More information](#)

The art of psychopharmacology gives the author's opinions on issues such as the potential advantages and disadvantages of any one drug, the primary target symptoms, and clinical pearls to get the best out of a drug.

At the back of the guide are two indices. The first is an index by drug name, giving both generic names (uncapitalized) and trade names (capitalized and followed by the generic name in parentheses). The second is an index of common uses for the generic drugs included in the guide and is organized by disorder/symptom. Agents that are approved by the FDA for a particular use are shown in bold. In addition to these indices there is a list of abbreviations; FDA definitions for the Pregnancy Categories A, B, C, D, and X; and, finally, an index of the icons used in the guide.

Readers are encouraged to consult standard references¹ and comprehensive psychiatry and pharmacology textbooks for more in-depth information. They are also reminded that the art of psychopharmacology section is the author's opinion.

It is strongly advised that readers familiarize themselves with the standard use of these drugs before attempting any of the more exotic uses discussed, such as unusual drug combinations and doses. Reading about both drugs before augmenting one with the other is also strongly recommended. Today's psychopharmacologist should also regularly track blood pressure, weight, and body mass index for most of his or her patients. The dutiful clinician will also check out the drug interactions of non-central-nervous-system (CNS) drugs with those that act in the CNS, including any prescribed by other clinicians.

Certain drugs may be for experts only and might include nefazodone and MAO inhibitors, among others. Off-label uses not approved by the FDA and inadequately studied doses or combinations of drugs may also be for the expert only, who can weigh risks and benefits in the presence of sometimes vague and conflicting evidence. Pregnant or nursing women, or people with two or more psychiatric illnesses, substance abuse, and/or a concomitant medical illness may be suitable patients for the expert only. Controlled substances also require expertise. Use your best judgment as to your level of expertise and realize that we are all learning in this rapidly advancing field. The practice of medicine is often not so much a science as it is an art. It is important to stay within the standards of medical care for the field, and also within your personal comfort zone, while trying to help extremely ill and often difficult patients with medicines than can sometimes transform their lives and relieve their suffering.

Finally, this book is intended to be genuinely helpful for practitioners of psychopharmacology by providing them with the mixture of facts and opinions selected by the author. Ultimately, prescribing choices are the reader's responsibility. Every effort has been made in preparing this book to provide accurate and up-to-date information in accord with accepted standards and practice at the time of publication. Nevertheless, the psychopharmacology field is evolving rapidly and the author and publisher make no warranties that the information contained herein is totally free from error, not least because clinical standards are constantly changing through research and regulation. Furthermore, the author and publisher disclaim any responsibility for the continued currency of this information and disclaim all liability for any and all damages, including direct or consequential damages, resulting from the use of information contained in this book. Doctors recommending and patients using these drugs are strongly advised to pay careful attention to, and consult information provided by, the manufacturer.

¹For example, *Physician's Desk Reference* and *Martindale: The Complete Drug Reference*.

List of icons



alcohol dependence treatment



alpha 2 agonist



anticonvulsant



antihistamine



benzodiazepine



cholinesterase inhibitor



conventional antipsychotic



dopamine stabilizer



lithium



modafinil (wake-promoter)















monoamine oxidase inhibitor



nefazodone (serotonin antagonist/reuptake inhibitor)



nicotinic partial agonist

-  *N*-methyl-D-aspartate antagonist
-  noradrenergic and specific serotonergic antidepressant
-  norepinephrine and dopamine reuptake inhibitor
-  sedative-hypnotic
-  selective norepinephrine reuptake inhibitor
-  selective serotonin reuptake inhibitor
-  serotonin-dopamine antagonist
-  serotonin and norepinephrine reuptake inhibitor
-  serotonin 1A partial agonist
-  stimulant
-  trazodone (serotonin antagonist/reuptake inhibitor)
-  tricyclic/tetracyclic antidepressant



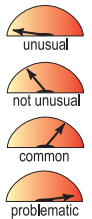
How the drug works, mechanism of action



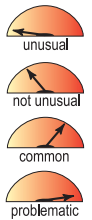
Best augmenting agents to add for partial response or treatment-resistance



Life-threatening or dangerous side effects



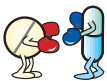
Weight Gain: Degrees of weight gain associated with the drug, with unusual signifying that weight gain has been reported but is not expected; not unusual signifying that weight gain occurs in a significant minority; common signifying that many experience weight gain and/or it can be significant in amount; and problematic signifying that weight gain occurs frequently, can be significant in amount, and may be a health problem in some patients



Sedation: Degrees of sedation associated with the drug, with unusual signifying that sedation has been reported but is not expected; not unusual signifying that sedation occurs in a significant minority; common signifying that many experience sedation and/or it can be significant in amount; and problematic signifying that sedation occurs frequently, can be significant in amount, and may be a health problem in some patients



Tips for dosing based on the clinical expertise of the author



Drug interactions that may occur



Warnings and precautions regarding use of the drug



Dosing and other information specific to children and adolescents



Information regarding use of the drug during pregnancy



Clinical pearls of information based on the clinical expertise of the author



Suggested reading