

ANXIETY MEDICATION: DOSING RECOMMENDATIONS (mg)

	Starting dose		Once daily	Every 4 weeks, increase dose	Effective dose	Max dose	Notes
	1 st week	2 nd week					
FLUOXETINE (Prozac®)	5	10	AM	10-20	30	60	activating
SERTRALINE (Zoloft®)	12.5	25	PM	25-50	100-150	200	sedating
CITALOPRAM (Celexa®)	5	10	AM or PM	10	30	40	few interactions
ESCITALOPRAM (Lexapro®)	5	5	AM	5	15	20	few interactions
DULOXETINE (Cymbalta®)	20	30	AM or PM	30	60	120	SNRI

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- Medication is one part of the treatment to lower your anxiety. It is important to take your medication every day.
- As your body adjusts to the new medication, you may feel too sleepy, have trouble sleeping, or have an upset stomach. These side effects should go away in a few days. Around 1-2% of people who take this medication may feel worse (more irritable, agitated).
- Most people feel much better after a few weeks on medication, and should see a big difference after 4-6 weeks. If you have any concerns, call our office and we will talk about what to do.

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