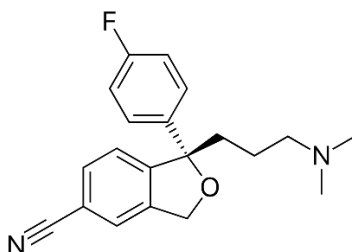


Escitalopram



Trade name: Lexapro

FDA-approved indications in children and adolescents: depression in children ages 12 and up.

Off-label use: generalized anxiety disorder (FDA-approved in adults), panic disorder, obsessive compulsive disorder, post-traumatic stress disorder, social phobia, and premenstrual dysphoric disorder.

Lab monitoring: none routinely needed

Dosing and formulations: Usual dose range 5-20 mg once daily. Can give morning or night, whenever best tolerated (some might find it sedating, others might find it activating).

Available as tablets -- 5mg, 10mg (scored), 20mg (scored) -- and oral solution.

Interactions: No significant actions on CYP enzymes, and there are generally few known adverse drug interactions. This can be a benefit when dealing with medically complex patients or those who are already on several different medications.

Side effects: Sexual side effects, GI effects (decreased appetite, nausea, diarrhea), insomnia, sedation, agitation, tremors, headache, sweating. Rarely: seizures, induction of mania

Side effects are most common in the first 2-3 weeks of treatment or when increasing the dose.

Considerations: Like all SSRIs, escitalopram carries a Black Box warning of increased suicidality in those 24 years old and younger.

To discontinue: Decrease by 5mg every 3-7 days. Could taper more quickly but run the risk of discontinuation symptoms.