

Appendix 4. Washout recommendations for switching antidepressants

Adapted from Guidelines for the Diagnosis and Pharmacological Treatment of Depression.
Toronto, ON, Canadian Network for Mood and Anxiety Treatments, 1998.

SWITCH TO →	SSRI	Novel	TCA	RIMA	MAOI
SWITCH FROM ↓					
SSRI citalopram fluoxetine fluvoxamine paroxetine sertraline	No washout May have additive serotonergic side effects for 1 week (5 wks for fluoxetine)	No washout May have additive serotonergic side effects for 1 week (5 wks for fluoxetine)	No washout Start TCA at a lower dose Some SSRIs can increase serum TCA levels for 1 week (5 wks for fluoxetine)	1 week (5 wks for fluoxetine)	1 week 5 wks for fluoxetine)
NOVEL bupropion-SR mirtazapine venlafaxine-XR	No washout May have additive serotonergic side effects for 1 week	No washout May have additive serotonergic side effects for 1 week	No washout	1 week	1 week
TCA desipramine nortriptyline amitriptyline imipramine others	No washout Serum TCA levels may be increased by some SSRIs for 1 week	No washout	No washout	1 week	1 week
RIMA moclobemide	3 days	3 days	3 days	N/A	3 days
MAOI* phenelzine tranylcypromine	2 weeks	2 weeks	2 weeks	2 weeks	2 weeks

* Use with caution because of dietary restrictions and drug-drug interactions

RIMA = Reversible monoamine oxidase inhibitor

TCA = Tricyclic antidepressant

SNRI = Serotonin and norepinephrine reuptake inhibitor

MAOI = Monoamine oxidase inhibitor

SSRI = Selective serotonin reuptake inhibitor