

APPENDIX 4. Second Generation Antidepressants: Switching Recommendations

SWITCHING FROM	SWITCHING TO				
	(Other) SSRI	Bupropion	Venlafaxine, Desvenlafaxine	Mirtazapine	Moclobemide
SSRI: Citalopram Fluoxetine* Fluvoxamine Paroxetine Sertraline	Direct switch likely safe*	Direct switch likely safe	Direct switch likely safe	Cross taper	One week washout; five weeks for fluoxetine
Bupropion	Direct switch likely safe		Direct switch likely safe	Cross taper	Direct switch likely safe
Venlafaxine, Desvenlafaxine	Direct switch likely safe	Cross taper		Cross taper	3–5 day washout
Mirtazapine	Cross taper	Cross taper	Cross taper		3–5 day washout
Moclobemide	Three day washout	Three day washout	Three day washout	Three day washout	

* When switching from fluoxetine to another SSRI, a washout period of few days is suggested to avoid serotonin syndrome.

Note: These recommendations are based on expert opinion [Very Low Evidence].

Adapted from:

- 1) Kennedy SH, Lam RW: CANMAT Depression Working Group. Clinical Guidelines for the Treatment of Depressive Disorders. Can J Psychiatry 2001;46 (Suppl 1): 1S-92S.
- 2) Ferentz KS. A guide to switching antidepressant therapy. Patient Care Neurology & Psychiatry. January 2007.

