1-107 Timing of antidepressant

TIPS Question:

When starting a client on an antidepressant, when should it be given 0600,1200,1700 or HS. Are there advantages to am or pm dose times?

Response:

Antidepressants vary in their side effects and in their half-life. Why does this matter in your relationship to your question?

The timing and frequency of antidepressants should be decided on these two factors.

Medications like Nortriptyline, Paxil, Zoloft, indeed most antidepressants can be given once daily. However, there are some like Effexor (not XR) and Buproprion that sometimes are given multiple times a day. In the case of Buproprion this is to decrease and minimize the risk of seizures.

In regards to side effects, as you know, the most common side effects of the SSRI's are remembered through the acronym HANDS –headache, agitation, nausea, diarrhea, somnolence, and sexual dysfunction. For the traditionals, the 3 "C's" – anticholinergic effects, confusion, and cardiovascular issues, particularly orthostatic hypotension.

Clinicians sometimes will use these side effects to target symptoms of depression so that individuals who have a lot of sleep disturbance, the antidepressant with sedative effects can be used at night, not only to help with the depression but to mitigate the sleep difficulties and to decrease the problems with drowsiness during the day.

Please note: *TIPS information should be used similar to the way you would use information from a text book! TIPS is not intended to serve as an individual consultation service! P.I.E.C.E.S. participants should use this information in context and always work closely with the family physician involved in the care of the resident or client and with other Partners In Care to find solutions to individual resident/client issues.*