



# THE PERISCOPE PROJECT

PERINATAL SPECIALTY CONSULT PSYCHIATRY EXTENSION

This toolkit was produced by the Medical College of Wisconsin and is provided to health care providers through The Periscope Project. The goal of this toolkit is to provide practitioners with an up-to-date, reliable, and easy to use source of information for mental health conditions during the perinatal period. The content is based on the latest available evidence-based guidelines and research whenever possible. If you are aware of new guidelines or research, or if you have suggestions that can help improve this toolkit, please contact [cwichman@mcw.edu](mailto:cwichman@mcw.edu). Please read our disclaimer before using our toolkit.

**This toolkit is for educational purposes only and does not constitute medical advice. The toolkit is not a replacement for careful medical judgments by qualified medical personnel. There may be information in the toolkit that does not apply to or may be inappropriate for the medical situation at hand.**

## ANTIDEPRESSANT TREATMENT ALGORITHM

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Complete **Depression Screen** (PHQ-9 or EPDS) +/- **PASS**, and ask **single Bipolar Screen** question.

- ◆ *Does patient screen positive for depression and negative for mania?*
- ◆ *Is patient currently taking an antidepressant?*

If "yes" to both:

- If medication is still low dose, increase and optimize both.
- If dose has been therapeutic for 6-8 weeks without benefit, consider changing medication.

If "no" to second:

- If patient was formerly on a helpful medication, **re-start** with slow titration.
- Start with an agent below, depending upon side effect profile.

### SERTRALINE

- Start at 50 mg daily.
- Increase in 50 mg increments every 1-2 weeks, maximum dose of 200 mg daily.
- Few drug-drug interactions.
- May increase nausea/GI upset, but generally well tolerated.

### FLUOXETINE

- Start at 20 mg daily.
- Increase in 10-20 mg increments every 1-2 weeks, maximum dose 80 mg.
- Long half-life, so good choice if compliance is a concern.

### CITALOPRAM

- Start at 20 mg daily.
- Can double dose in 1-2 weeks, maximum dose of 40 mg daily.
- Generally well tolerated.
- Short titration, as low max dose.

### DULOXETINE

- Start at 30 mg daily.
- Increase in 30 mg increments every 1-2 weeks (rate of titration should depend upon GI side effects), maximum dose of 120 mg daily.
- Typically BID dosing; if sedating, give higher dose at night.
- Good choice if comorbid pain complaints.

### MIRTAZAPINE

- Start at 15 mg nightly.
- Increase in 15 mg increments every 1-2 weeks, maximum dose of 45 mg daily.
- Good if patient has significant nausea, low appetite, or difficulty sleeping.
- **MONITOR WEIGHT GAIN**; discontinue if rate of weight gain is too rapid.

Re-evaluate after 4-6 weeks.

*If improved:*

- Re-evaluate monthly and postpartum.
- Refer back to primary provider when obstetric care complete.
- Continue to offer non-medication based therapies.
- Call PERISCOPE if arranging follow-up is difficult or any questions arise.

Re-evaluate after 4-6 weeks.

*If not improved, or having side effects:*

- If minimal side effects, increase dose and repeat cycle until maximum dose achieved.
- If intolerable side effects, switch to different medication and repeat cycle.