

# ESCITALOPRAM (LEXAPRO)

## Provider Tip Sheet

### DOSING INFORMATION

- Week 1: Baseline weight. Consider BMP for baseline sodium in older adults). Start: 5 mg qday.
- Week 2: Increase dose to an Initial Target Dosage of 10 mg qday, if tolerated. Typical Dosage Range: 10-20 mg qday. Max: 20 mg qday. Discontinuation: 25% per week to 25% per month depending on length of treatment in order to minimize withdrawal symptoms and relapse.

### MONITORING

- Weight. Consider posttreatment BMP to rule out hyponatremia in older adults.

### GENERAL INFORMATION

- Mechanism of Action: Highly selective serotonin reuptake inhibitor; S-enantiomer of the racemic derivative of citalopram.
- FDA Indications: MDD (acute and maintenance), GAD.
- Off-Label Indications: Other anxiety disorders.
- Pharmacokinetics:  $T_{1/2} = 27-32$  hrs.
- Common Side effects (MDD): nausea (15%), ejaculation disorder (9%), insomnia (9%), somnolence (6%), fatigue (5%), sweating increased (5%).
- Black Box Warning: Increased SI in patients < 25 y/o. Contraindications: Use of a MAOI within 14 days of stopping escitalopram, concurrent use of a MAOI including drugs with significant MAOI activity (e.g., linezolid), or use of escitalopram within 14 days of stopping a MAOI. Concomitant use with pimozide.
- Warnings and Precautions: Clinical worsening and suicide risk, serotonin syndrome, discontinuation symptoms, seizures, hypomanic/manic switch, hyponatremia, abnormal bleeding.
- Metabolism/Pharmacogenomics: Primarily metabolized by 2C19 & 3A4. Significant drug-drug interactions: Weak 2D6 inhibitor; Use caution when coadministered with drugs metabolized by 2D6. Check all drug-drug interactions.
- Dosage Form: Oral solution, Tablet. Generic available: Yes.

### Support

We are committed to the care and well-being of our members. We are also committed to working with you as a partner to develop the best possible treatment plans for all patients.

Please view the Provider section of our website at [ambetterofnorthcarolina.com](https://ambetterofnorthcarolina.com) for additional tools and resources. You may also contact your Provider Engagement Administrator directly, or contact Provider Relations for assistance at **1-833-863-1310**.

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**This document is an informational resource designed to assist licensed healthcare practitioners in caring for their patients.** Healthcare practitioners should use their professional judgment in using the information provided. Escitalopram (Lexapro) measures are not a substitute for the care provided by licensed healthcare practitioners and patients are urged to consult with their healthcare practitioner for appropriate treatment.