

SSRI Tapers			
Medication	Minimum Daily Dose ¹	Tapering Doses (mg/day)	Liquid Conversion (mL/day)
Citalopram	20 mg	10→ 5.0→ 3.4→ 2.3→ 1.5→ 0.8→ 0.4→ stop	2 mg/mL: 5.0→ 2.5→ 1.7→ 1.2→ 0.8→ 0.4→ 0.2→ stop
Escitalopram	10 mg	5→ 2.7→ 1.7→ 1.2→ 0.7→ 0.4→ 0.2→ stop	1 mg/mL: 5.0→ 2.7→ 1.7→ 1.2→ 0.7→ 0.4→ 0.2→ stop
Fluoxetine	20 mg	8.5→ 4.5→ 2.7→ 1.7→ 1.0→ 0.6→ 0.3→ stop	4 mg/mL: 2.1→ 1.1→ 0.7→ 0.4→ 0.3→ 0.2→ 0.1→ stop
Fluvoxamine	50 mg	25→ 15→ 10→ 8→ 5→ 2→ 1→ stop	No liquid (use 25 mg tabs or com- pounding pharmacy)
Paroxetine	20 mg	11.4→ 7.4→ 5.0→ 3.4→ 2.2→ 1.3→ 0.6→ stop	No liquid (use 10 mg scored tabs, 7.5 mg caps, or compounding pharmacy)
Sertraline	50 mg	25→ 14→ 9.1→ 5.9→ 3.8→ 2.2→ 0.9→ stop	20 mg/mL: 1.3→ 0.7→ 0.5→ 0.3→ 0.2→ 0.1→ 0.05→ stop

¹The dose where 80% occupancy of the serotonin receptor is achieved. It corresponds roughly with the minimum effective dose for depression with each SSRI. (Source: Suhara T et al, *Arch Gen Psych* 2003;60:386-391; Meyer JH et al, *Am J Psych* 2004;161:826-835.)

From the Article
"A New Proposal for SSRI Withdrawal"
 by Greg Sazima, MD
The Carlat Psychiatry Report, Volume 17, Number 6&7, June/July 2019
www.thecarlatreport.com