

Seven Medications for PTSD				
Medication	FDA Approved?	Daily Dose	Advantages	Disadvantages
Fluoxetine	No	20–60 mg	Best tolerated in PTSD; low risk of serotonergic withdrawal problems	Drug interactions
Paroxetine	Yes	20 mg	FDA approval	Withdrawal problems and anticholinergic side effects
Quetiapine	No	100–300 mg	Improves nightmares, sleep quality, and comorbid disorders (bipolar, depression, GAD)	Side effects (fatigue, orthostasis, metabolic, anticholinergic, TD); limited evidence supporting use in PTSD
Risperidone	No	2–3 mg	Improves comorbid disorders (bipolar mania, psychosis, and possibly antidepressant augmentation)	Side effects (EPS, metabolic, TD); limited evidence supporting use in PTSD
Sertraline	Yes	75–200 mg	Good safety profile in the medically ill	Slow titration may be needed to avoid GI distress
Topiramate	No	100–300 mg	Useful for comorbid alcohol use disorder and migraines; improves sleep and nightmares	Limited evidence supporting use in PTSD
Venlafaxine	No	75–300 mg	Also helps panic disorder at doses of 225–300 mg/day	Withdrawal problems, hypertension

From the Clinical Update:  
**“A Review of Medications for PTSD, With a Focus on Topiramate”**  
 by Paul Riordan, MD

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