

### How to Use Atomoxetine for Adults

Start 40 mg/day and increase after 1–4 weeks to 80 mg/day. If you don't get an adequate response in two months, you can increase the dose to a max of 100 mg/day.

Administer a single daily dose in the morning or two evenly divided doses.

Don't worry about food when dosing, as food does not affect absorption.

Reduce the dose by 50%–75% in patients who are poor metabolizers at CYP2D6 or who are taking a strong 2D6 inhibitor.

For reducing side effects, split the dose. Take with food for nausea and at night for sedation.

Monitor heart rate and blood pressure.

From the Clinical Update:  
"Atomoxetine: Myths and Truths"  
by C. Jason Mallo, DO

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