

# EMBRACE MEDICATION TAPERING INSTRUCTIONS

## 1. Basic information

- > This instruction form, a part of the eligibility screening, outlines the tapering schedule for any psychotropic medication use prior to your participation in the study.

**Please review this form carefully** as it outlines the tapering timelines depending on the kind of prescribed psychotropic medication that you currently use.

## 2. Screening

- > For your participation in this study, along with this tapering schedule, you must:
  - Meet inclusion criteria,
  - Have a confirmed Major Depressive Disorder with moderate-to-severe Major Depressive Episode,
  - Provide informed consent,
  - Complete an electrocardiogram (ECG).

## 3. Medication-dependent Tapering Schedule

Your **dosage reduction plan** will be made with you by the study doctor (Dr. Sean Nestor) in conjunction with your primary healthcare provider.

	Medication type	Timeline
<input type="checkbox"/>	Selective serotonin reuptake inhibitors ( <b>SSRIs</b> ) (e.g., <i>Citalopram, Fluoxetine, Escitalopram, Sertraline</i> , etc.),  Serotonin and norepinephrine reuptake inhibitors ( <b>SNRIs</b> ) (e.g., <i>Desvenlafaxine, Duloxetine, Venlafaxine, Levomilnacipran</i> , etc.),  &  Tricyclic antidepressants ( <b>TCAs</b> ) (e.g., <i>Amitriptyline, Amoxapine, Desipramine, Doxepin</i> , etc.)	<b>2 to 4 weeks</b>
<input type="checkbox"/>	<b>Antipsychotics</b> (e.g., <i>Risperidone, Quetiapine, Olanzapine, Ziprasidone</i> , etc.)	<b>2 to 4 weeks</b>
<input type="checkbox"/>	<b>Lithium</b>	<b>4 weeks</b>
<input type="checkbox"/>	Monoamine Oxidase Inhibitors ( <b>MAOIs</b> ) (e.g., <i>Isocarboxazid, Phenelzine, Selegiline, Tranylcypromine</i> , etc.)	<b>5 weeks</b>

A **washout period** of **2 weeks** must occur immediately after your timeline noted above. This period is when no medications are taken.

\*All female participants must take a pregnancy test before enrolment in this study.

#### 4. Support and Emergency

- > Close monitoring of your tapering timeline and washout period will be done by Dr. Nestor along with your primary caregiver and primary healthcare provider.

Your safety and well-being are our utmost priority: If you have any concerns or if you are experiencing any adverse effects from the reductions in medication, **please notify your primary healthcare provider, primary caregiver, and the study doctor as soon as possible**. Dr. Nestor's contact information is found below along with additional support resources that are available:

Sean Nestor, MD, PhD, FRCPC

Office phone: (416) 480-6100 ext. 4085

Email: [sean.nestor@sunnybrook.ca](mailto:sean.nestor@sunnybrook.ca)

**\*\*If you are IN CRISIS or it is a serious emergency requiring immediate attention, please:**

1. **Contact emergency services by dialing 911, and/or,**
2. **Travel to your nearest hospital emergency department.**

Additional resources:

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#### **Suicide Crisis Helpline: Call or Text 9-8-8**

Help is available 24 hours a day, 7 days a week. This helpline offers support that is bilingual, trauma-informed, culturally appropriate, and available to anyone in Canada.

#### **Talk Suicide: 1-833-456-4566 or [talksuicide.ca](http://talksuicide.ca)**

Offers toll-free support to people in Canada who have concerns about suicide. Phone line available 24/7 or text 45645 between 4 p.m. and midnight ET.

#### **ConnexOntario: 1-866-531-2600 or [connexontario.ca](http://connexontario.ca)**

Free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling. This website also has a live online chat.

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