

**Criteria-for-Use: Monoamine Oxidase Inhibitors (MAOI) for the
Treatment of Major Depressive Disorder
Oral and Transdermal Routes of Administration**

VHA Pharmacy Benefits Management Strategic Healthcare Group and Medical Advisory Panel

The following criteria-for-use are based on current medical evidence, existing clinical practice guidelines and expert opinion from clinicians. The content of the document is dynamic and will be revised as new clinical data becomes available. The purpose of this document is to assist practitioners in clinical decision-making, to standardize and improve the quality of patient care, and to promote cost-effective drug prescribing. The clinician should utilize this guidance and interpret it in the clinical context of the individual patient situation.

The criteria-for-use apply to all MAOIs prescribed for the treatment of major depressive disorder; regardless of route of administration. Please note at the time the criteria were developed no information was available on the efficacy or safety of transdermal selegiline* for conditions other than major depressive disorder. The criteria do not apply to the oral MAOIs being used to treat other conditions such as:

- Anxiety disorders
- Bipolar disorder
- Dysthymia
- Parkinson's disease (oral selegiline only)

In order to receive an MAOI for the treatment of major depressive disorder, patients should meet the following:

- Have a diagnosis of major depressive disorder **AND**
- Have a prescription/order written by a psychiatrist or mental health provider

AND

- Have failed to achieve remission (the absence of depressive symptoms or the presence of minimal depressive symptoms) after trials of two different antidepressants at therapeutic doses for at least 6 weeks

OR

- Have demonstrated a therapeutic response to an MAOI in the past.

PLUS ALL of the following must be met:

- The patient has no current contraindications to an MAOI (e.g., designated opiates, serotonin-active medications) See Appendix I.
- The patient has not taken another antidepressant for a minimum of 2 - 5 weeks (see individual antidepressant labeling for specific washout period) prior to starting an MAOI.
- The patient demonstrates an understanding of and is willing to comply with the required dietary, herbal, and over-the-counter medications restrictions while taking an MAOI.
- The clinician-prescriber is willing or the facility has a system in place to answer the patient's questions about the medication 24 hours a day to avoid drug-drug and drug-food interactions.

*The transdermal selegiline patch should not be cut.

Appendix I. Contraindications to MAOIs

Dietary sources rich in tyramine

- Meat, Poultry and Fish
 - Air dried, aged, and fermented meats, sausages, salamis
 - Pickled herring
 - Spoiled or improperly stored meat, poultry or fish, including liver.
- Vegetables
 - Broad bean pods, e.g., fava bean pods
- Dairy (milk products)
 - Aged cheeses, e.g., parmasien, cheddar
- Beverages
 - All tap beer, and other non-pasteurized beer
- Other
 - Concentrated yeast extract
 - Sauerkraut
 - Most soy products including soy sauce and tofu
 - OTC supplements containing tyramine

Medications which increase the risk of serotonin syndrome or hypertensive crisis

- Antidepressants
 - SSRIs – citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline
 - SNRIs – duloxetine, venlafaxine
 - Tricyclic, e.g., amitriptylline, imipramine, desipramine, nortriptyline, clomipramine, doxepin
 - Mirtazepine
 - Bupropion
 - Other MAOIs (isocarboxazid, phenelzine, tranylcypromine, selegiline)
 - St. John's Wort
- Analgesics
 - Meperidine
 - Tramadol
 - Methadone
 - Propoxyphene
- Anitconvulsants
 - Carbamazepine
 - Oxcarbazepine
- Stimulants, including amphetamines
- Cough/Cold Products containing
 - Dextromethorphan
 - Decongestants, e.g., pseudoephedrine, phenylephrine
- Buspirone
- Cyclobenzaprine