Antidepressant Medication Changes
With a Current FAA Authorization (AASI/SI/SC)

(Updated 11/18/2026)

The FAA encourages pilots and air traffic controllers (ATCS) to work with their doctors to adjust treatments as needed:

- **ATCS:** Must clear **all** medication and dose changes with the Regional Flight Surgeon (RFS) office.
- **Pilots:** When holding a Special Issuance (SI/AASI) for an approved antidepressant, they may resume duties after a dose change without prior FAA approval **only** if the authorization letter explicitly permits it. All other changes require FAA review and approval.

Type of Change	Minimum Self-Grounding	Stability documented by	Return to Flight Decision By
Dose Change (previously approved medication)	**30 days** (and clinical stability achieved)	Treating provider	**Treating provider** *(if permitted by your SI/AASI)*: No clinical reports need to be sent to the FAA before returning to flight duties.
Medication Switch (Including a change within the same medication class)	**90 days** (and clinical stability achieved)	Treating provider	**FAA:** Before returning to flight duties, submit a Detailed Clinical Progress Note (DCPN) outlining the symptom changes requiring the switch (and any other treatment modalities) for FAA review and approval.
Additional Medication Added	**Grounded** (AME must DEFER)	n/a	**FAA:** Requires FAA review and approval before returning to flight duties.
Medication Discontinued *(taken for a mental health condition)*	**60 days** (and clinical stability achieved)	Treating provider	**FAA:** Before returning to flight duties, submit a DCPN outlining the discontinuation of medication and subsequent clinical stability for FAA review and approval.

When Dose Changes Are Not Permitted by an Authorization If the SI/AASI letter does NOT allow one to resume flight duties after a dose change, complete the **30-day** recovery period and submit a DCPN from the treating provider to the AME or the FAA for review.

Discontinuing Medication (60-Day Self-Grounding) When a pilot or ATCS on an approved AASI/SI/SC discontinues a medication in conjunction with their treating physician - never on their own - they must self-ground for a minimum of 60 days after stopping the medication to monitor for possible recurrence of symptoms.

The decision to discontinue an antidepressant should be a shared decision between the individual and the treating provider based on clinical stability, adverse treatment effects, duration of treatment, and patient preference—potential impact on ability to fly or control traffic should not be the primary consideration. Pilots/ATCS should never stop medication on their own.

When a pilot or ATCS holding an approved AASI, SI, or Special Consideration (SC) discontinues medication in conjunction with their treating provider, they must self-ground for at least **60 days** after stopping the medication to monitor for symptom recurrence, then submit a DCPN to the FAA for review. See **ANXIETY, DEPRESSION, AND RELATED CONDITIONS – OFF TREATMENT** for full requirements.