

MIRTAZAPINE

mēr-taz-ah-peen

What does it do?

Mirtazapine is used to treat depression, and sometimes other conditions.

Before you start

- Tell your doctor if you have diabetes, bipolar disorder, or if you have ever had a seizure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *mirtazapine* regularly as directed with a glass of water, usually at night-time. You can take it with or without food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *mirtazapine* including:

- other medicines that may cause drowsiness (e.g. pain-killers, anti-nausea and cough/cold medicines – ask your pharmacist)
- some migraine medicines, such as sumatriptan (e.g. Sumagran Active®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs (e.g. ecstasy).

What side effects might you notice?

Side Effects	Recommended action
Suicidal thoughts Muscle twitching or shaking you can't control, confusion, heavy sweating, fever Reduced number of blood cells that fight infections or help your blood to clot - symptoms include: fever, chills, sore throat or generally feeling unwell, or easy or unusual bruising or bleeding	Tell your doctor immediately
Anxiety	Tell your doctor
Drowsiness, tiredness or weakness, strange dreams, dizziness Dry mouth Increased appetite, weight gain Constipation	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Mirtazapine* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- It may take a few weeks for *mirtazapine* to start working.
- Do not stop taking *mirtazapine* without talking to your doctor first.