

## MIANSERIN

*my-an-seer-in*

### What does it do?

*Mianserin* is used to treat and prevent depression, and sometimes other conditions.

### Before you start

- Tell your doctor if you have heart, liver or blood problems, 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 *mianserin* regularly as directed with a glass of water, usually at night-time.

### What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

### Can you take other medicines?

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

- some antihistamines (may be in anti-allergy, anti-nausea and cough/cold medicines)
- anti-sickness medicines (e.g. Sea-legs®)

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 Change in heartbeat 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 Symptoms of liver problems including: yellow skin or eyes, itching, dark urine, pale bowel motions, abdominal pain	Tell your doctor immediately
Drowsiness Changes in sexual function Weight gain	Tell your doctor if troublesome

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

### Other information:

- *Mianserin* 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 *mianserin* to start working.
- Feelings of anxiety in the first few weeks of therapy are common, but should get better. Discuss with your doctor.
- If your depression continues to get worse, see your doctor.
- Do not stop taking *mianserin* without talking to your doctor first.
- *Mianserin* is not registered for use in New Zealand. Discuss with your doctor.