



# Mirtazapine

*What you should know about taking mirtazapine (Remeron)*

Mirtazapine is also known by the brand names Remeron or Remeron SolTab.

Mirtazapine is a tetracyclic antidepressant with a unique mechanism of action. It influences both the serotonergic and noradrenergic systems.

Mirtazapine is used to treat depression and anxiety and is especially useful in patients with insomnia and poor appetite.

Please contact your provider right away if you are having thoughts of suicide.

## What should my health care provider know before I take this medication?

Alert your provider if you are taking any other medication or if you are pregnant, breastfeeding, or plan to become pregnant. Tell your provider if you've ever had bipolar disorder or a manic episode. Also, tell your doctor if you have liver or kidney disease.

## How do I take it?

Take this medication exactly as your provider prescribes. It is fine to take this medication with or without food. Usually you will take your daily dose at bedtime, because mirtazapine can make you drowsy. Do not stop taking mirtazapine without your provider's approval. You may need to reduce your dosage slowly to avoid withdrawal symptoms.

Remeron SolTab should be removed from its packaging with dry hands, placed on the tongue and swallowed with saliva. Water is not needed to take this form of the medication. Do not store this form of the medication outside of its packaging.

## What are the possible side effects?

Mirtazapine can cause:

- Drowsiness.
- Increased appetite.
- Weight gain.
- High cholesterol.
- Abnormal dreams.
- Dizziness.
- Liver problems.

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

Outpatient Psychiatry  
Clinic:  
206-598-7792

After hours or on the weekend, call the UWMC Psychiatry Resident on-call:  
206-598-6190

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- Weakness.
- Constipation.

Some side effects may go away as your body gets used to the medicine. Rare, yet serious, symptoms linked with mirtazapine include: mania, suicidal thoughts, immune system malfunction, and seizures.

### When will it start working?

You may start to notice subtle improvement in your symptoms in 2 to 4 weeks, although complete impact of the drug may not be felt for 4 to 8 weeks.

### What should I do if I miss a dose?

You should take it as soon as you remember unless it is almost time for the next scheduled dose. In that case, skip the missed dose and take the next one as directed. Do not take double doses.

### When should I call my provider?

Call your provider, get emergency medical care, or call 911 if:

- You are feeling suicidal.
- You are having an allergic reaction to your medication (hives, itching, rash, trouble breathing, tightness in chest, or swelling of your lips, tongue, or throat).
- You have had a seizure.
- You are having serious side effects to your medication.

### Where can I learn more about mirtazapine?

- [www.remeron.com](http://www.remeron.com)
- Ask your pharmacist or provider.

References: *Micromedex* and *Handbook of Psychiatric Drug Therapy* 4<sup>th</sup> Edition by Arana and Rosenbaum.