

# Mirtazapine

**Pronunciation:** mir TAH zah peen  
**Brand:** Remeron, Remeron SolTab

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## What is the most important information I should know about mirtazapine?

- It may be several weeks before you start to feel better. Even when you start to feel better, do not stop taking mirtazapine without first talking to your doctor.



- Contact your doctor if you experience fever, chills, a sore throat, flu-like symptoms, or sores in the mouth or nose.



- Use caution when driving, operating machinery, or performing other hazardous activities. Mirtazapine may cause drowsiness and dizziness. If you experience drowsiness or dizziness, avoid these activities.



- Dizziness is likely to occur when you rise from a sitting or lying position. Rise slowly to prevent dizziness and a possible fall.



- Avoid the use of alcohol while taking mirtazapine. Alcohol may increase drowsiness and dizziness.

- Mirtazapine is available in a regular tablet formulation (Remeron) that should be swallowed with water. Mirtazapine is also available in a rapidly-disintegrating formulation (Remeron SolTab) that will disintegrate rapidly when placed on the tongue and can be swallowed with or without water.

## What is mirtazapine?

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- Mirtazapine is in a class of drugs called antidepressants. Mirtazapine affects chemicals in your brain that may become unbalanced and cause depression.

- Mirtazapine is used to relieve symptoms of depression such as feelings of sadness, worthlessness, or guilt; loss of interest in daily activities; changes in appetite; tiredness; sleeping too much; insomnia; and thoughts of death or suicide.

- Mirtazapine may also be used for purposes other than those listed in this medication guide.

## What should I discuss with my healthcare provider before taking mirtazapine?





- Do not take mirtazapine if you are currently taking, or have taken within the last 14 days, a monoamine oxidase inhibitor such as isocarboxazid (Marplan), phenelzine (Nardil), or tranylcypromine (Parnate).

- Before taking mirtazapine, tell your doctor if you

- have liver disease;
- have kidney disease;
- have a manic-depressive disorder;
- have blood problems;
- have high or low blood pressure or heart disease;
- have had a heart attack in the last 6 weeks; or
- have epilepsy or seizures.

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- You may not be able to take mirtazapine, or you may require a dosage adjustment or special monitoring during treatment if you have any of the conditions listed above.
- The rapidly-disintegrating formulation of mirtazapine tablets (Remeron SolTab) contains phenylalanine. People with the disease phenylketonuria (PKU) need to monitor their intake of this additive.  

- Mirtazapine is in the FDA pregnancy category C. This means that it is not known whether mirtazapine will harm an unborn baby. Do not take mirtazapine without first talking to your doctor if you are pregnant.  

- It is not known whether mirtazapine passes into breast milk. Do not take mirtazapine without first talking to your doctor if you are breast-feeding a baby.
- If you are over 60 years of age, you may be more likely to experience side effects such as drowsiness, dizziness, unsteadiness, feeling uncoordinated, and low blood pressure. You may require a lower dose of this medication.

## How should I take mirtazapine?

- Take mirtazapine exactly as directed by your doctor. If you do not understand these directions, ask your pharmacist, nurse, or doctor to explain them to you.
- Mirtazapine is available in a regular tablet formulation (Remeron) that should be swallowed with water. Mirtazapine is also available in a rapidly-disintegrating formulation (Remeron SolTab) that will disintegrate rapidly when placed on the tongue and can be swallowed with or without water.
- If you are taking the mirtazapine rapidly-disintegrating tablets (Remeron SolTab), open the blister pack with dry hands and use the

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- tablet immediately after removal from the blister pack. Do not attempt to split the rapidly-disintegrating tablets.
- Mirtazapine is usually taken once a day, preferably at bedtime. Follow your doctor's instructions.
  - It may be several weeks before you start to feel better. Even when you start to feel better, do not stop taking mirtazapine without first talking to your doctor.



- Store mirtazapine at room temperature away from moisture and heat.

## What happens if I miss a dose?

- Take the missed dose as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and take only your next regularly scheduled dose. **Do not** take a double dose of this medication unless otherwise directed by your doctor.

## What happens if I overdose?



- Seek emergency medical attention.
- Symptoms of a mirtazapine overdose include confusion, drowsiness, poor memory, and a fast heartbeat.

## What should I avoid while taking mirtazapine?



- Use caution when driving, operating machinery, or performing other hazardous activities. Mirtazapine may cause drowsiness and dizziness. If you experience drowsiness or dizziness, avoid these activities.



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- Dizziness is likely to occur when you rise from a sitting or lying position. Rise slowly to prevent dizziness and a possible fall.



- Avoid the use of alcohol while taking mirtazapine. Alcohol may increase drowsiness and dizziness.

## What are the possible side effects of mirtazapine?



- If you experience any of the following serious side effects, stop taking mirtazapine and call your doctor immediately or seek emergency medical treatment:

- an allergic reaction (swelling of the lips, face, or tongue; difficulty breathing);

- seizures;

- a fast or irregular heartbeat; or

- fever, chills, a sore throat, flu-like symptoms, or sores in your mouth or nose.

- Other, less serious side effects may be more likely to occur. Continue to take mirtazapine and talk to your doctor if you experience

- drowsiness;

- nausea;

- increase in weight or appetite;

- dizziness;

- dry mouth;

- constipation; or

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- mild tremor.

- Side effects other than those listed here may also occur. Talk to your doctor about any side effect that seems unusual or that is especially bothersome.

## What other drugs will affect mirtazapine?



- Do not take mirtazapine if you are currently taking, or have taken within the last 14 days, a monoamine oxidase inhibitor such as isocarboxazid (Marplan), phenelzine (Nardil), or tranylcypromine (Parnate).

- Mirtazapine may increase the effects of other drugs that cause drowsiness, including other antidepressants, alcohol, antihistamines, sedatives (used to treat insomnia), pain relievers, anxiety medicines, and muscle relaxants. Tell your doctor about all medicines that you are taking, and do not take any medicine unless your doctor approves.

- Drugs other than those listed here may also interact with mirtazapine. Talk to your doctor and pharmacist before taking any prescription or over-the-counter medicines.

## Where can I get more information?

- Your pharmacist has additional information about mirtazapine written for health professionals that you may read.