



What's my Drug?

Mirtazapine is used to help improve mood or depression. The symptoms should start to improve in a couple of weeks. The effect should carry on building after that.

How to take it: Swallow them whole. Do not bite or chew them. Most people take them once each day, usually in the evening. You can take them with food or on an empty stomach.

Possible side effects include: Weight increase, sleepiness, confusion, feeling anxious, sickness, diarrhoea or constipation, and dry mouth. Pain in muscles and joints is possible and some people find that they get oedema (fluid retention) or low blood pressure which could cause dizziness when standing up.

Rare but important side effects: This medicine can cause low mood (depression) to get worse when you first start treatment. If you get thoughts of harming yourself contact a health professional. The risks of this are greater in younger adults (under 25 years old). It is a good idea to discuss this with family members, friends or carers too. It can sometimes cause blood sugar levels to go up and sodium levels to go down. An uncommon but serious side effect is Serotonin Syndrome. This can cause a racing pulse, muscle stiffness, fever, and confusion. Contact your health professional if you get any of these. Skin rashes can happen and can be severe.

Warnings and Cautions: Do not stop taking it suddenly without discussing it with your health professional. This medicine does not mix well with certain other medicines e.g. certain other mental health medicines, some stomach ulcer drugs, some anticoagulant medicines, and St, John's wort. This medicine may make you dizzy, and sleepy and slow your reaction times down, even if any sleepiness has worn off. If this happens, do not drive or use tools or machines. Drinking alcohol can make this worse. Check the Product Information Leaflet for full details of other advice and all its potential side effects. For women: this medicine may be used during pregnancy but not usually in the weeks before childbirth (the baby could get withdrawal symptoms or circulatory problems). Check with your health professional if you are breastfeeding.