

Mirtazapine (Remeron®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ Date _____

Initial Medication Instructions _____

What does this medication help to treat?

- | | |
|--|---|
| <input type="checkbox"/> Depressed or anxious mood | <input type="checkbox"/> Lack of interest or pleasure from things you used to enjoy |
| <input type="checkbox"/> Sad and/or irritable mood | <input type="checkbox"/> Thoughts of hurting yourself or of suicide |
| <input type="checkbox"/> Difficulty thinking, concentrating, remembering | |
| <input type="checkbox"/> Poor appetite, poor sleep | |

Mirtazapine is sometimes prescribed for other uses; ask your prescriber for more information.

Other Information

- You should start to notice some benefits of this medication within 1 to 2 weeks after initiation of therapy. If you have experienced no benefit after one month of treatment at the prescribed dose, contact your prescriber.
- Maximum benefits usually seen after 6 weeks or more.
- This medicine must be taken for several weeks before its full benefits are felt. Do not stop taking mirtazapine suddenly because you may experience dizziness, headache, nausea, sweating, increased heart rate or anxiety.
- If you are pregnant, or planning to get pregnant contact your prescriber immediately.

Side Effects and Management

Common (greater than 10 in 100 clients on this medication)

Sleepiness	May want to take the medication at bedtime.
Weight gain, increased appetite	Increase physical activities. Consult with your prescriber if you have excessive weight gain.
Dry mouth	Suck on sugarless gum or candy or melt bits of ice in your mouth. Call your prescriber if your mouth feels dry for more than 2 weeks.
Constipation	Drink plenty of water and increase fiber in your diet. Consult with your prescriber about other treatments.
Increased cholesterol	Consult with your prescriber.

Uncommon (~1 to 10 in 100 clients on this medication)

Nausea, diarrhea, vomiting	Try taking the medication with food. Consult your prescriber if it becomes bothersome.
Dizziness	Get up slowly, and dangle your feet when rising from a chair, talk to your prescriber.
Flu-like symptoms	Ex. Back pain, tremor, swelling: Report to your prescriber if symptoms persist for longer than one week or if mouth sores develop.
Decreased immune system function	If you have a sore throat and fever and other signs of infection contact your prescriber.
Increased blood pressure	Consult with your prescriber.

Rare (less than 1 in 100 clients on this medication)

- Call your prescriber immediately if you experience any of these:
- | | |
|--|--|
| <ul style="list-style-type: none">▪ Extreme restlessness or suicidal thoughts▪ Abdominal pain▪ Rash▪ Fever and chills▪ Increased cough | <ul style="list-style-type: none">▪ Abnormal ejaculation▪ Edema▪ Low blood pressure▪ Heart failure▪ Urinary urgency▪ Depression, anxiety or agitation |
|--|--|

References: Clinical Psychopharmacology, LexiComp 2011

NOTE: This information is not intended to cover all possible uses, precautions, interactions, or adverse effects for this medication. If you have further questions about the medications you are taking, check with your prescriber.