

An antidepressant

Mirtazapine (mer-taz-a-peen)

You should read this leaflet with your carer/care giver.



Mirtazapine:

- Is also called Zispin, Zispin SolTabs, Remeron, Axit, Norset, Avanza and Remergil.
- Come as tablets or liquid.

- Mirtazapine is used for depression.
- Mirtazapine is sometimes used for people who are distressed. There is no clear evidence that it improves someone's behaviour.

The label on your mirtazapine packet should tell you when and how much medicine to take.

Swallow your tablet with water or measure and swallow the liquid.

If you have Zispin SolTab, you should let the tablet melt on your tongue and swallow.

If you forget to take your medicine, tell someone straight away.

You should carry on taking your medicine even if you feel better unless your doctor asks you to stop.



Drinking alcohol when taking mirtazapine may make you feel sleepy.

Some medicines do not work well together.

You should tell your doctor about any other medicines you are taking.

Side effects:

- Medicine can have some effects on your body that are not wanted.
- Not everyone taking a medicine will get them.
- Many will go away with time.
- Many are rare.

You might want to talk to your doctor or the pharmacist or your key worker if you have any side effect.

These are some (but NOT all) side effects of mirtazapine...



- Feeling sick or being sick
- Feeling more anxious or on edge
- Lose weight or may put on weight (check weight regularly)
- Having problem sleeping at night
- Having the 'runs' or needing the toilet a lot
- Dry mouth
- Headache
- Not feeling hungry
- Loss of interest in sex
- Irregular heartbeat (check ECG)

Some side effects are more serious.

You should tell someone straight away if you have...

- Thoughts about harming or killing yourself
- Fit or seizure
- High mood or feel angry
- Red rashes
- Shaky or stiff
- High temperature



You should talk to your doctor before you stop taking your medicine.

Sometimes, if you stop taking your medicine, you may have:

- Flu-like symptoms
- Dizziness
- Anxiety or feel on edge
- Problem with sleeping
- Problem with memory
- Difficulty moving





This leaflet does not tell you everything about mirtazapine.

You can get more information from:

- your pharmacist, doctor, nurse or carer/care giver
- check <http://www.choiceandmedication.org/cnwl/>
- NHS on 111
- medicine information helpline on 020 3317 5090.

This leaflet can be downloaded free of charge from:

<https://spectrom.wixsite.com/project/>

While preparing this leaflet we checked information in...

- The British National Formulary (www.bnf.org)
- Dulcan, M. K., & Ballard, R. (2015). *Helping parents and teachers understand medications for behavioural and emotional problems: A resource book of medication information handouts*. American Psychiatric Publishing, Washington DC, USA.

This leaflet is not designed for people with intellectual/learning disabilities to read on their own. Support (care) staff or care givers should go through the leaflet with the person who has intellectual disabilities.

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