

Are there any other effects?

Most people experience minor or no side effects and it varies from person to person.

Usually any side effects go away after a few weeks as the body adjusts to the medication.

A common side effect is drowsiness, which usually wears off after a few days. Higher doses of Mirtazapine are also less sedative.

Mirtazapine may make some people hungrier and cause a slight weight gain. Eating healthily and exercising can help avoid significant weight gain.

Less common side effects include headaches, swelling of ankles, dry mouth and low blood sugar.

Always consult your doctor if you notice a rash or have a sore throat or fever after starting Mirtazapine.

Please refer to the manufacturer's patient information leaflet that comes with your medicine for more information and the full list of side effects and precautions.

If you have any questions or concerns, talk to your doctor, pharmacist, or other healthcare professional.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Mirtazapine

A guide for adolescents



What is it for?

Mirtazapine is a medication which is used to treat depression.



What will Mirtazapine do?

Mirtazapine works by increasing certain types of activity in the brain to maintain mental balance. It will help you feel better in your mood.

How and when should I take Mirtazapine?

Mirtazapine does not work straight away. It may take several days or even weeks for some of the symptoms to improve. To begin with, some people may find that Mirtazapine helps them feel calmer and more relaxed. Later, usually after three weeks, other symptoms will also start to improve. Usually your doctor will initially prescribe a small dose, usually to take in the evening, which will gradually be built up to a dose which is suitable for you.

When can I stop taking Mirtazapine?

You usually need to take Mirtazapine for six months after your symptoms improve. If you stop too early, your symptoms are more likely to return. It is really important that you do not stop Mirtazapine suddenly and without talking to your doctor. Mirtazapine is not addictive; however, if you come off it suddenly you may experience some unpleasant physical symptoms, like agitation, anxiety, insomnia, and dizziness.



What if I miss a dose?

If you miss a dose then take the next dose as soon as you remember it, but do not take two doses in the same day. Let your doctor know if you miss more than one full day of medication.

What if I take more than I should?

You should immediately tell your parents or someone who can help you and go to your local A&E to be checked.



Can I drink alcohol or take drugs when taking Mirtazapine?

You should avoid alcohol or illicit drugs when you are taking Mirtazapine because this will stop you from getting better. Also having alcohol with Mirtazapine may make you feel very drowsy, and this may cause falls or accidents.

What about other medication?

It is OK to take Paracetamol with Mirtazapine, but if you are taking other kinds of medication every day you need to let your doctor know, as they may interact with Mirtazapine and change its effect on your body.