

What are the side effects?

When you take Mirtazapine you may feel drowsy and sleepy, or you may feel hungrier than usual and like eating more. You may also have headaches or feel dizzy if you get up too quickly. These side effects will usually go after a few weeks. If they don't go away or get worse, or if you start feeling very upset or have thoughts of death or dying, you should speak to your parents and your doctor.



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.whithealthPALS@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.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 19/02/2019
Review date: 19/02/2021
Ref: CYP/CAMHS/MirC/01

© Whittington Health
Please recycle



Mirtazapine

A guide for children



What is it for?

It can help you if you feel very sad or very worried about things, especially if these difficulties get in the way of your school work or friendships.



How do I take it?

You can take Mirtazapine as a tablet or a liquid to swallow.

When can I take Mirtazapine?

It is very important that you take it every day around the same time (usually bedtime) until your doctor tells you to stop. You should do this so that it can help you feel better and stay well.

What if I forget one?

If you miss one then tell your parents straight away. You will need to take the next dose as soon as you remember it, but don't take two doses in the same day.

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 hospital to be checked.



When can I stop taking Mirtazapine?

You usually need to keep taking the medicine for six months after you start feeling better. If you stop too early your difficulties might return. It is best to wait until your doctor says you should stop, and you should never stop it suddenly.



Can I take other medication with Mirtazapine?

You can take Paracetamol, but if you are taking other medications ask your parents to tell your doctor immediately.