

## Information about Mirtazapine

This is an easy way to say...Mur...taz...a...peen



### What is Mirtazapine?



Mirtazapine is a medication that will help if you have depression.

Mirtazapine can sometimes be called a different name like **Zispin**.

Mirtazapine can be taken as tablets or liquid medicine.

Mirtazapine can also be taken as orodispersible tablets.

Orodispersible tablets means the tablets will melt in your mouth.

### Where do I get Mirtazapine?



You can only get this medication with a prescription.

The doctor or consultant

- Will ask you questions about your health
- May also check your blood pressure
- Will ask you if you are taking other medication



## How do I take Mirtazapine?



The doctor will talk to you about how much Mirtazapine you need to take.

The doctor will tell you how to take your Mirtazapine. You need to take Mirtazapine for some time so that it works best.



You will usually take Mirtazapine at night.



If you forget to take your medication you must tell your carer and ask your doctor for advice.



You should not stop taking your medication suddenly as this could make you feel unwell.



## What is good about Mirtazapine?



Mirtazapine can help reduce depression.  
Mirtazapine can help you get better quicker.



Mirtazapine can help stop you feeling low and fed up

Mirtazapine also helps you to calm when you are  
anxious or tense



## What is not good about Mirtazapine?



There are some health problems that people can get when they take Mirtazapine.

These problems are called **side effects** but not everyone gets them.

- Feeling tired
- Feeling hungry and put on weight
- Headache
- Feeling thirsty
- Feeling dizzy
- Feel anxious and agitated but this will get better in a few days.

You should eat a healthy diet and drink more water or fruit juice.

Usually these side effects go away after a few weeks.

You will need to speak to your doctor if you:

- Have a rash on your skin
- Lose interest in sex
- Have a sore throat
- Swelling around your ankles
- Feel unwell

## What other things do I need to talk to the doctor about?



You should talk to your doctor if

- You are worried about your medication
- You want to know how much alcohol is safe to drink when taking medication
- You are planning to have a baby

**The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.**

**The full information sheet about Mirtazapine medication should also be given to the service user, carers and staff.**

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