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# MIRTAZAPINE (Remeron) Fact Sheet for Patients

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**Generic Name:** Mirtazapine (mir-TAZ-a-peen)

**Brand Name:** Remeron

## What Does It Treat?

Mirtazapine is primarily used to treat major depressive disorder. It may also be prescribed off-label to help with sleep problems or anxiety disorders.

## How Does It Work?

Mirtazapine is classified as a tetracyclic antidepressant. It works by enhancing the activity of certain neurotransmitters, such as serotonin and norepinephrine, in the brain. This helps to regulate mood and improve symptoms of depression.

## How Do I Take It?

Mirtazapine is available in tablet form and is usually taken once daily, typically at bedtime. The dosage will depend on your specific condition and response to the medication. Follow your health care provider's instructions carefully.

## What is the Dose?

The typical dosage for mirtazapine, used for depression, is 15-45 mg per day. The dosing depends on both the condition being treated and the product being used and should be determined by your health care provider.

## How Long Will I Take It?

The duration of mirtazapine treatment can vary. Your health care provider will assess your progress and determine the appropriate length of treatment, which may range from several weeks to several months or longer.

## What If I Miss a Dose?

If you forget to take a dose of mirtazapine, take it as soon as you remember. However, if it is close to the time for your next dose, skip the missed dose and continue with your regular dosing schedule. Do not double up on doses.

## What Are Possible Side Effects?

- Most common: Drowsiness, increased appetite, weight gain.
- Serious but rare: Serotonin syndrome (agitation, confusion, rapid heartbeat).

## What Else Should I Know?

- Mirtazapine may interact with other medications, so inform your health care provider of all the medications you are taking.
- Avoid alcohol and certain medications that can cause drowsiness while taking mirtazapine, as they may increase mirtazapine's sedative effects.
- Before starting mirtazapine, tell your health care provider if you have a history of liver or kidney problems, bipolar disorder, or any other mental health conditions.
- Do not stop taking mirtazapine suddenly without consulting your health care provider. Follow their guidance for gradually reducing the dosage.

*Remember, this fact sheet provides general information about this medication. For more specific guidance and instructions, consult your health care provider.*