

Mirtazapine: Important Patient Information

What is Mirtazapine?

Mirtazapine is a prescription medication used to treat major depressive disorder (MDD). It belongs to a class of drugs known as tetracyclic antidepressants and works by increasing certain natural substances in the brain that help maintain mental balance.

Special Precautions Before Taking Mirtazapine Before taking mirtazapine, inform your doctor if you:

- Are allergic to mirtazapine or any of its ingredients.
- Are taking or have recently stopped taking monoamine oxidase inhibitors (MAOIs) such as isocarboxazid (Marplan), linezolid (Zyvox), methylene blue, phenelzine (Nardil), selegiline (Eldepryl, Emsam, Zelapar), or tranylcypromine (Parnate).
- Have a history of heart attack, heart disease, low blood pressure, kidney or liver disease, or high cholesterol.
- Are pregnant, planning to become pregnant, or breastfeeding.
- Are scheduled for surgery, including dental surgery.
- Have a history of glaucoma, as mirtazapine may increase the risk of angle-closure glaucoma.

Mirtazapine may cause drowsiness. Avoid driving or operating machinery until you know how it affects you. Alcohol may increase drowsiness and should be avoided.

Black Box Warning

Mirtazapine carries a **black box warning** regarding the increased risk of suicidal thoughts and behaviors in children, teenagers, and young adults under the age of 24. This occurs in less than 1/132 patients in this age group on antidepressants. Patients should closely monitor themselves for changes in mood, worsening depression, or unusual behavior, especially during the first few months of treatment or when dosage changes occur. If you or someone you know experiences suicidal thoughts, seek immediate medical help through 911 or 988.

Potential Side Effects of Mirtazapine

Common side effects:

- Drowsiness
- Dizziness
- Increased appetite and weight gain

- Dry mouth
- Constipation
- Nausea
- Vomiting

Serious side effects (seek medical attention immediately):

- Flu-like symptoms (fever, chills, sore throat, mouth sores, or infection signs)
 - Chest pain
 - Fast heartbeat
 - Seizures
 - Sudden changes in vision, nausea, or eye pain (signs of glaucoma)
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Drug & Supplement Interactions

Mirtazapine can interact with various medications and supplements. Inform your doctor about all prescription and over-the-counter medications, as well as any herbal supplements you are taking.

Medications that should NOT be taken with mirtazapine:

- **Monoamine oxidase inhibitors (MAOIs):** Can cause dangerous drug interactions, including high blood pressure and serotonin syndrome.
- **Other antidepressants (SSRIs, SNRIs, TCAs, etc.):** Can increase the risk of serotonin syndrome.
- **Benzodiazepines, opioids, or other sedatives:** May increase drowsiness and the risk of overdose.
- **Certain antifungal medications, antibiotics, or HIV medications:** Can increase mirtazapine levels in the body, leading to side effects.

Common supplements and over-the-counter medications to avoid:

- **St. John's Wort:** May increase serotonin levels and the risk of serotonin syndrome.
- **Tryptophan supplements:** Can increase serotonin levels dangerously.
- **Cimetidine (Tagamet):** Can increase the levels of mirtazapine in the blood, leading to enhanced side effects.
- **Alcohol:** Can worsen drowsiness and impair judgment.

Before starting, stopping, or changing any medication or supplement while taking mirtazapine, consult your healthcare provider.

Important Safety Information

- Mirtazapine may cause drowsiness and impair your ability to perform tasks requiring alertness, such as driving or operating machinery.

- Avoid alcohol while taking this medication, as it can increase drowsiness and other side effects.
- If you experience new or worsening depression, suicidal thoughts, or other unusual behavior changes, contact your doctor immediately.
- In case of overdose, call the Poison Control Center at 1-800-222-1222 or seek emergency medical attention.