



Mid-Valley Behavioral Care Network

1660 Oak Street SE, Suite 230 ■ Salem, Oregon ■ 97301

PHONE: (503) 361-2647 ■ FAX: (503) 585-4989 ■ www.mvbcn.org

Mirtazapine (Remeron)

The medication Mirtazapine (**Remeron**) is an antidepressant. It is used to treat depression. Remeron is prescribed for many other medical conditions including anxiety, obsessive-compulsive disorder, panic disorder, and PTSD. Generally these symptoms interfere with your life goals, which is why many people choose to take Remeron.

Remeron is FDA approved for Major Depression.

Although Remeron can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. The most common include: **sedation and increased appetite; dry mouth**. Although these effects generally occur during initial treatment some remain throughout treatment and may warrant discontinuing the medication. Talk with your provider about it.

In children and adolescents, antidepressants have been shown to increase suicidal thoughts. Certainly untreated depression/anxiety is going to lead to suicidal thoughts more often than treatment. Nevertheless you should be aware of this rare situation. If you begin to develop intrusive suicidal thoughts, please let your physician know or go to an Emergency Room or crisis center.

Remeron does not cause sexual side effects as other antidepressants can

The beneficial effect of Remeron can sometimes take 7-28 days to be appreciated, and sometimes longer. Generally if no effect is felt after 4 weeks, then a different medication or a different dosage should be tried. The usual dosage is 15-45 mg/day.

Remeron is generally safe with other medications. As with all treatments, please let your provider know if you are taking other medications. There are no dietary restrictions.

There are supplemental ways to improve life which include:

- exercise
- good sleep habits
- good eating habits
- yoga
- a hobby
- visiting with family or friends
- psychotherapy

If you have further questions about this medication, please ask your medical provider or your pharmacist.

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