

# Mirtazapine

Remeron, Remeron SolTab, an antidepressant that also helps sleep and appetite

Mirtazapine lifts mood while helping you sleep and eat again, which is why it is used at bedtime.

## WHAT IT TREATS

Depression in adults

## HOW YOU TAKE IT

Once daily at bedtime

## WHEN IT WORKS

Sleep night 1; mood 4-6 wks

## HABIT FORMING

No

### ⚠️ IMPORTANT SAFETY WARNING

Antidepressants can raise the risk of suicidal thoughts in people under **25**, mostly in the first weeks or after a dose change. Tell someone right away and call your prescriber. Do not stop the medicine on your own.

## 🕒 WHAT THIS MEDICINE DOES

- **Mirtazapine** is an antidepressant that works differently from the common ones. It also brings back sleep and appetite.
- It is often chosen when depression has stolen your sleep, your appetite, and your weight all at the same time.
- It rarely causes sexual side effects or stomach upset, which is a real advantage over most other antidepressants.
- It is not a sleeping pill and it is not habit forming, even though it makes you sleepy from the very first night.

## 🕒 HOW TO TAKE IT

- Take it once a day at bedtime. Give yourself a full night, because it can leave you groggy if you cut sleep short.
- You can take it with or without food. Most people take it with a light snack right before turning out the light.
- The dissolving tablet melts on your tongue with no water. Handle it with dry hands and use it right out of the pack.
- If you miss your bedtime dose, skip it and take the next one the following night. Never take two doses at once.
- Store it at room temperature, away from damp. Keep it on the nightstand so bedtime and the pill go together.

## 📈 WHAT TO EXPECT

- Sleep and appetite often improve the very first week. Mood and interest usually take **4 to 6 weeks** to follow.
- Side effects often arrive before the benefit does. That gap is the single most common reason people quit too early.
- Morning grogginess is common at first and usually eases in a week or two as your body adjusts to the medicine.
- Oddly, a higher dose often makes people less sleepy, not more. Tell your prescriber before you give up on it.

## 💔 COMMON SIDE EFFECTS

- Drowsiness is the most common effect by far. Bedtime dosing and a full night of sleep make it far more manageable.
- Increased appetite and weight gain are common and can be substantial. Plan meals, snacks, and movement from day one.
- Dry mouth is common. Sip water, use sugar-free gum, and keep up with dental visits, since dry mouth invites cavities.
- Constipation happens often. More water, fiber, fruit, and daily walking usually handle it without extra medicine.
- Dizziness when standing can happen. Get up slowly, especially at night, and hold the rail on stairs.
- Cholesterol and triglycerides can rise. Your prescriber checks these with a blood test, and they are treatable.

### ⚠️ CALL YOUR PRESCRIBER OR GET HELP RIGHT AWAY IF

- New or worse thoughts of suicide, especially early or after a dose change: call or text **988** now and tell someone today.
- Call your prescriber the same day for fever, chills, sore throat, or mouth sores. A blood count check rules out a rare problem.
- Call **911** for agitation with fever, stiff muscles, a racing heart, or twitching. That can mean too much serotonin.
- Call your prescriber if you feel wired and sleepless for days, or if your thoughts start racing.

## 🚫 WHAT TO AVOID

- Skip alcohol. It stacks onto the drowsiness from **mirtazapine** and can leave you unsteady and unsafe on your feet.
- Be careful with sleep aids, allergy pills, anxiety medicines, and opioids. Together they can make you far too sleepy.
- Do not drive or use machinery until you know how the mornings feel. Give it at least a week before you judge that.
- Ask before any new medicine or supplement. Some antibiotics and seizure medicines change how much stays in your body.
- Tell your prescriber if you are pregnant, nursing, or planning to be. That is a choice to weigh together, not alone.

## 🛑 STOPPING IT SAFELY

- Never stop on your own, even when you feel great. Feeling well is the medicine working, not proof you are finished with it.
- Stopping suddenly can bring nausea, dizziness, agitation, and sleep that is worse than it was before you started.
- Your prescriber will step the dose down over **2 to 4 weeks** or longer, and will plan how to protect your sleep.
- Most people stay on it at least **6 to 12 months** after they feel well. Stopping early is the top reason symptoms return.

## ❓ QUESTIONS TO ASK

- What should I do if the morning grogginess does not go away?
- How will we keep an eye on my weight and cholesterol on this?
- Which sleep or allergy medicines are safe to combine with this one?
- Who do I call after hours if I start feeling worse instead of better?

# Where this information comes from

988 Suicide & Crisis Lifeline. (2025). *Talk to someone now*. <https://988lifeline.org/>

American Psychiatric Association. (2024). *What is depression?* <https://www.psychiatry.org/patients-families/depression/what-is-depression>

National Alliance on Mental Illness. (2023). *Mental health medications*. <https://www.nami.org/about-mental-illness/treatments/mental-health-medications/>

National Institute of Mental Health. (2024). *Mental health medications*. <https://www.nimh.nih.gov/health/topics/mental-health-medications>

National Library of Medicine. (2025). *DailyMed: Package inserts and medication guides*. <https://dailymed.nlm.nih.gov/dailymed/>

National Library of Medicine. (2025). *Mirtazapine*. MedlinePlus. <https://medlineplus.gov/druginfo/meds/a697009.html>

U.S. Food and Drug Administration. (n.d.). *Drugs@FDA: FDA-approved drugs*. <https://www.accessdata.fda.gov/scripts/cder/daf/index.cfm>

## NOTE

Sources are listed in APA 7th edition style. This handout is general information about a medicine, not medical advice, and it does not replace the instructions from your own prescriber or pharmacist. Never start, change, or stop a medicine on your own. If you think you are having a serious reaction, call your prescriber; if you cannot breathe, cannot stay awake, or are thinking of harming yourself, call 911 or 988 right away.