



Mirtazapine Regime for Headache Disorders

Mirtazapine is an antidepressant that is also used to prevent the headaches from occurring. The dose has to be increased gradually as given below. Continue increasing the dose until it is effective at suppressing your headache attacks or you reach the maximum dose of 45 mg once daily. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

For 14 days take:	15 mg
For 14 days take:	30 mg
Thereafter take:	45 mg

Side-effects:

As with all medications, there are potential side effects in a small number of patients. The most often reported effects are: somnolence, increased appetite, weight gain, dizziness, dry mouth, constipation and mood changes. A very rare side effect is agranulocytosis (reduction in white cells of the blood); if a patient develops a sore throat, fever, stomatitis, or other signs of infection, along with a low WBC count, treatment with mirtazapine should be discontinued and the patient should be closely monitored

Contraindications:

The concomitant use of Mirtazapine and monoamine oxidase (MAO) inhibitors (e.g. phenelzine, isocarboxazid, tranylcypromine, moclobemide) is contraindicated. Mirtazapine should not be used within 14 days of discontinuing therapy with a monoamine oxidase (MAO) inhibitor.

Pregnancy and Breast feeding :

Mirtazapine is not recommended if you are pregnant, planning a pregnancy or are breastfeeding. Women of childbearing age should take adequate contraceptive precautions. Higher doses of the oral contraceptive pill are required whilst taking Mirtazapine. Women taking the oral contraceptive pill should discuss the dose with their GP.

This leaflet should be read in conjunction with the product characteristic leaflet that can be found inside all boxes of medication. The use of any medicine is based on considerations of how benefits outweigh potential side effects. **Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.**