Te Whatu Ora
Health New Zealand
Waitaha Canterbury

MIANSERIN

my-an-seer-in

What does it do?

Mianserin is used to treat depression, and sometimes other conditions.

Before you start

- Tell your doctor if you have heart, liver or blood problems, bipolar disorder, or if you have ever had a seizure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *mianserin* regularly as directed with a glass of water, usually at night-time.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *mianserin* including:

- some antihistamines (may be in anti-allergy, anti-nausea and cough/cold medicines)
- anti-sickness medicines (e.g. Sea-legs®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs (e.g. ecstasy).

What side effects might you notice?

Side Effects	Recommended action
Suicidal thoughts Change in heartbeat Reduced number of blood cells that fight infections or help your blood to clot - symptoms include: fever, chills, sore throat or generally feeling unwell, or easy or unusual bruising or bleeding Symptoms of liver problems including: yellow skin or eyes, itching, dark urine, pale bowel motions, abdominal pain	Tell your doctor immediately
Drowsiness Changes in sexual function Weight gain	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Mianserin* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- It may take a few weeks for *mianserin* to start working.
- Do not stop taking *mianserin* without talking to your doctor first.
- *Mianserin* is not registered for use in New Zealand. Discuss with your doctor.