

Noradrenergic/Specific Serotonergic Antidepressant (NaSSA)

Medication*	Initial oral dose (mg)	Dosing Frequency	Formulation	Titration Dose (mg) and Schedule	Average Total per day (mg)	Common Side Effects	Medication Administration
mirtazapine (Remeron)	7.5-15	qhs	tablet rapid dissolve wafer	15 q weekly	45 Decrease dose if hepatic and/or renal impairment	<ul style="list-style-type: none"> • sedation • increased appetite &/or weight gain • bitter taste • dry mouth • dizziness • postural hypotension 	<ul style="list-style-type: none"> • 15mg tablet may be split for 7.5mg dose • Remove wafer from package and place immediately on tongue to dissolve.

*Please consult with the product monograph for more detailed information.

1. Key Messages/Considerations :

- Start low and go slow;
- Strive for a good clinical trial - increase dose only until clinical effectiveness is achieved;
- Sedative and anxiolytic effect may onset quickly;
- May be beneficial for depression with insomnia;
- Mild anxiolytic effects;
- Withdraw gradually to avoid a discontinuation syndrome;
- Caution with other CNS depressants, sedatives, alcohol;
- Reassess the need for continued therapy.

2. References and other medication information:

- Canadian Consensus Conference on Diagnosis and Treatment of Dementia (CCCDTD4), 2012, retrieved July 30th, 2013 online from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3516356/> .
- Clinical Handbook of Psychotropic Drugs, 18th Edition. (2009) Hogrefe and Huber.
- CPS - Compendium of Pharmaceutical and Specialities (2013).

- Lexicomp online drug information (www.online.lexi.com).
- P.I.E.C.E.S. Psychotropic Template (2009), retrieved online June 14th, 2013 from http://www.piecescanada.com/pdf/Psychotropic_Template_Jan09.pdf
- Stahl, Steven M (2007) Essential Psychopharmacology: The Prescriber's Guide. Cambridge University Press.
- Tool on Pharmacological Treatment of Behavioral Symptoms of Dementia in Long Term Care Facilities for Older Adults, based on: Canadian Coalition for Seniors' Mental Health (CCSMH) National Guidelines: The Assessment and Treatment of Mental Health Issues in Long Term Care Homes, retrieved online May 30th, 2013 from: http.