PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) - 1986
The medicine is dispensed with a doctor's prescription only

Mirtazapine Teva® 30 mg
Tablets

Composition:
Each tablet contains:
Mirtazapine 30 mg

For information about inactive and allergenic ingredients, see section 2 - "Important information about some of the ingredients of the medicine" and section 6 - "Further Information".

Read the leaflet carefully in its entirety before using the medicine. This leaflet contains concise information about the medicine. If you have further questions, refer to the doctor or pharmacist.

- This medicine has been prescribed to treat you. Do not pass it on to others. It may harm them, even if it seems to you that their medical condition is similar.
- This medicine is not intended for use in children and adolescents below 18 years of age.
- It will take 1-2 weeks until Mirtazapine Teva will start to work. After 2-4 weeks you may start to feel better. If after 2-4 weeks you do not feel better or if you feel worse you should speak with your doctor. Additional information appears in section 3 under the heading "When can you expect to start feeling better".

Anti-depression and anti-anxiety medicines elevate the risk of suicidal behavior and thoughts in children, adolescents and young adults up to age 25.
When starting the treatment with the medicine, patients of all ages and their relatives should monitor behavioral changes, such as: worsening depression, suicidal thoughts, aggression, and the like.

1. WHAT IS THE MEDICINE INTENDED FOR?

Mirtazapine Teva is used to treat depression.

Therapeutic group: Preparation from the SNRI group.

2. BEFORE USING THE MEDICINE

☒ Do not use the medicine if:
- You are sensitive (allergic) to Mirtazapine or to any of the additional ingredients contained in the medicine (see section 6 - "Further Information"). If so, you must talk to your doctor as soon as possible before beginning to use Mirtazapine Teva.
- You are taking or have recently taken (in the last two weeks) medicines called monoamine oxidase inhibitors (MAO-Is).

❗ Special warnings regarding use of the medicine
Before beginning treatment with Mirtazapine Teva, talk with your doctor or pharmacist.

❗ Children and adolescents
Mirtazapine Teva is not intended for use in children and adolescents under the age of 18 because efficacy has not been demonstrated. Likewise, you should know that for patients under the age of 18 who took medicines from this group, there is an increased risk of side effects, such as suicide attempt, suicidal thoughts and hostility (mainly aggressiveness, oppositional behavior and anger). If your doctor prescribed Mirtazapine Teva for a patient under the age of 18 and you wish to discuss this, please return to your doctor. You should inform the doctor if any of the symptoms listed above develop or worsen while patients under the age of 18 are taking Mirtazapine Teva. Likewise, the long-term effects of Mirtazapine Teva in this age group with regard to growth, sexual maturation, and cognitive and behavioral development have not yet been demonstrated. In addition, significant weight gain was observed more frequently in this age group during treatment with Mirtazapine Teva, in comparison with adults.

❗ Suicidal thoughts and worsening of your depression
If you are depressed, you may sometimes have thoughts of harming or killing yourself. These may be increased when first starting antidepressants, since all these medicines take time to start working, usually about two weeks, but sometimes longer.
You may be more likely to think like this:
- If you have previously had thoughts about killing or harming yourself
- If you are a young adult. Information from clinical trials has shown an increased risk of suicidal behavior in adults aged less than 25 years with psychiatric conditions, who were treated with antidepressants.

If you have thoughts of harming or killing yourself at any time, contact your doctor or go straight to hospital.
You may find it helpful to share the fact that you are depressed **with a relative or close friend**, and to ask them to read this leaflet. You may ask them to tell you if they think your depression is getting worse, or if they are worried about changes in your behavior.
Likewise, be especially cautious with Mirtazapine Teva if:
- You have or have ever had any of the following conditions **(tell you doctor about these condition before taking Mirtazapine Teva, if you have not yet done so):**
  - **Seizures** (epilepsy). If you develop seizures or your seizures become more frequent, stop taking Mirtazapine Teva and contact your doctor immediately;
  - **Liver disease**, including jaundice. If jaundice develops, stop taking Mirtazapine Teva and contact your doctor immediately;
  - **Kidney disease**;
  - **Heart disease**, or **low blood pressure**;
  - **Schizophrenia**. If psychotic symptoms, such as paranoid thoughts, become more frequent or severe, contact your doctor immediately;
  - **Manic depression** (periods of feeling elated/over activity alternating with periods of depressed mood). If you start feeling elated or over-excited, stop taking Mirtazapine Teva and contact your doctor immediately;
  - **Diabetes** (you may need to adjust your dose of insulin or other antidiabetic medicines);
  - **Eye disease**, such as increased intraocular pressure (glaucoma);
  - **Difficulty in passing water** (urinating), which could be caused by an enlarged prostate;
  - **Certain kinds of heart conditions** that may change your heart rhythm, a recent heart attack, heart failure, or you take certain medicines that may affect the heart's rhythm.
- You develop signs of infection, such as unexplained high fever, sore throat and mouth ulcers. Stop taking Mirtazapine Teva and consult with your doctor immediately about a blood test.
  In rare instances, these symptoms could be signs of disturbances in blood cell production in the bone marrow. Although they are rare, these symptoms most commonly appear after 4-6 weeks of treatment.
- You are an elderly person. You may be more sensitive to the side effects of antidepressants.

Drug interactions
❗ If you are taking, or have recently taken, other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or pharmacist.
Do not take Mirtazapine Teva in combination with:
- **Monoamine oxidase inhibitors** (MAO inhibitors). Likewise, do not take Mirtazapine Teva during the first two weeks after stopping treatment with MAO inhibitors. If you stop taking Mirtazapine Teva, do not take MAO inhibitors during the next two weeks either. Examples of MAO inhibitors are moclobemide, tranylcypromine (both of which are antidepressants) and selegiline (used for Parkinson's disease).

Be cautious when taking Mirtazapine Teva in combination with:
- Antidepressants, such as SSRIs, **venlafaxine and L-tryptophan or triptans** (used to treat migraine), **tramadol** (a pain-killer), **linezolid** (an antibiotic), **lithium** (used to treat certain psychiatric conditions), **methylene blue** (used to treat high levels of methemoglobin in the blood) and **St. John's Wort** - **Hypericum perforatum** preparations (a herbal remedy for depression).

In very rare instances, taking Mirtazapine Teva alone or the combination of Mirtazapine with these medicines could lead to a condition called serotonin syndrome.
Some of the symptoms of this syndrome are: unexplained fever, sweating, increased heart rate, diarrhea, (uncontrollable) muscle contractions, shivering, overactive reflexes, restlessness, mood changes and unconsciousness. If you have a combination of these symptoms, talk to your doctor immediately.
- **The antidepressant nefazodone**. It could increase the amount of Mirtazapine in your blood. Inform your doctor if you are using this medicine. It may be necessary to decrease the dose of Mirtazapine, or to again increase the dose of Mirtazapine after stopping treatment with nefazodone.
- **Medicines for anxiety or insomnia** such as benzodiazepines,
  Medicines for schizophrenia such as olanzapine,
  Medicines for allergy such as cetirizine,
  Medicines for severe pain such as morphine.

In combination with these medicines, Mirtazapine Teva could increase the drowsiness caused by these medicines.
- **Medicines for infections**. Medicines for bacterial infections (such as erythromycin), medicines for treatment of fungal infections (such as ketoconazole) and medicines for HIV/AIDS (such as HIV-protease inhibitors),
  Medicines for stomach ulcers (such as cimetidine).

In combination with Mirtazapine, these medicines could increase the levels of Mirtazapine in your blood. Inform your doctor if you are using these medicines. It may be necessary to decrease the dose of Mirtazapine Teva, or to again increase the dose of Mirtazapine Teva after these medicines are stopped.
- **Medicines for epilepsy,** such as carbamazepine and phenytoin,
  Medicines for tuberculosis such as rifampicin.

In combination with Mirtazapine, these medicines could decrease the amount of Mirtazapine in your blood. Inform your doctor if you are using these medicines. It may be necessary to increase the dose of Mirtazapine Teva, or to again decrease the dose of Mirtazapine Teva after these medicines are stopped.
- **Medicines to prevent blood clotting** such as warfarin. Mirtazapine Teva could increase the effects of warfarin on the blood. Inform your doctor if you are using this medicine. In case of combination, it is recommended that a doctor carefully monitor coagulation function.
- **Medicines** that may **affect the heart's rhythm,** such as certain antibiotics and some antipsychotics.

❗ Use of the medicine and food
The medicine can be taken with or without food.

❗ Use of the medicine and alcohol consumption
You may be drowsy if you drink alcohol while taking Mirtazapine Teva.
It is recommended not to drink any alcohol.

❗ Pregnancy and breastfeeding
If you are pregnant or breastfeeding, think you may be pregnant or planning a pregnancy, ask your doctor or pharmacist for advice before taking this medicine.
Limited experience with administration of the medicine to pregnant women does not indicate an increased risk. Nevertheless, caution should be exercised when used during pregnancy.
If you use Mirtazapine Teva until birth or until shortly before birth, your baby should be monitored for possible side effects.
When similar medicines (SSRIs) are taken during pregnancy, they may increase the risk of a severe condition in babies, called persistent pulmonary hypertension of the newborn (PPHN), which causes the baby to breathe faster and to appear bluish. These symptoms usually begin during the first 24 hours after the baby's birth. If this happens to your baby, immediately contact your midwife and/or doctor.

❗ Driving and operating machinery
Mirtazapine Teva can affect your concentration or alertness. Make sure these abilities are not affected before you drive or operate machinery.

❗ Important information about some of the ingredients of the medicine
Mirtazapine Teva tablets contain lactose. If you have been told by your doctor that you have an intolerance to certain sugars, contact your doctor before taking this medicinal product (see also section 6 - "Further Information").

3. HOW SHOULD YOU USE THE MEDICINE?

Always use the preparation according to the doctor's instructions.
Check with the doctor or pharmacist if you are not sure about the dosage and treatment regimen of the preparation. The dosage and treatment regimen will be determined by the doctor only. The usual dose is generally:
The usual starting dose is 15 or 30 mg every day. Your doctor may advise you, after several days, which dose is best for you (between 15 to 45 mg per day).
The dose is usually the same for all ages. However, if you are an elderly person or if you have kidney disease or liver disease, your doctor may adjust the dose.

Do not exceed the recommended dose.

How to use the medicine:
- Take Mirtazapine Teva at the same time every day. It is preferable to take the medicine as a single dose before going to sleep. However, your doctor may advise you to split the dose of the medicine – once in the morning and once in the evening before going to sleep. The higher dose should be taken before going to sleep.
- Swallow the tablet with some water or juice.
- The tablet can be halved at the score line.
- There is no information regarding chewing, crushing or pulverizing the tablet.

When can you expect to start feeling better
Usually, Mirtazapine Teva will start working after 1-2 weeks, and after 2-4 weeks, you may start to feel better.
It is important that during the first weeks of treatment, you talk with your doctor about the effects of Mirtazapine Teva: 2-4 weeks after starting treatment with Mirtazapine Teva, tell your doctor how the medicine has affected you.
If you are still not feeling better, your doctor may prescribe a higher dose for you. In this case, talk with your doctor again after an additional 2-4 weeks.
Usually, you will need to continue taking Mirtazapine Teva until the symptoms of your depression have gone away for 4-6 months.

If you took more Mirtazapine Teva than you should have
If you or someone else took too much Mirtazapine, contact a doctor immediately.
The most common signs of Mirtazapine overdose (without other medicines or alcohol) are drowsiness, disorientation and increased heart rate. The symptoms of a possible overdose may include changes in your heart rhythm (fast, irregular heartbeat) and/or fainting, which could be symptoms of a life-threatening condition known as Torsade de Pointes.
If you took an overdose or if a child has accidentally swallowed the medicine, proceed immediately to a hospital emergency room, and bring the package of the medicine with you.

If you forgot to take Mirtazapine Teva
If you are supposed to take your dose **once a day**
- Do not take a double dose to compensate for the forgotten dose. Take the next dose at the usual time.

If you are supposed to take your dose **twice a day**
- If you forgot to take your morning dose, simply take it with your evening dose.
- If you forgot to take your evening dose, do not take it with the next morning dose; just skip it and continue with your normal morning and evening doses.
- If you forgot to take both doses, do not attempt to make up for the forgotten doses. Skip both doses and continue the next day with your normal morning and evening doses.

Adhere to the treatment regimen as recommended by the doctor.

If you stop taking Mirtazapine Teva
You should stop taking Mirtazapine Teva only after consultation with your doctor.
If you stop too early, your depression might come back. As soon as you feel better, talk with your doctor.
Your doctor will decide when the treatment can be stopped. Do not suddenly stop taking Mirtazapine Teva, even if your depression has disappeared. If you suddenly stop taking Mirtazapine Teva, you could experience nausea, dizziness, agitation or anxiety, and you may have headaches. These symptoms can be prevented by stopping gradually. Your doctor will tell you how to reduce the dose gradually.

How can you contribute to the success of the treatment? Do not take medicines in the dark! Check the label and the dose each time you take medicine. Wear glasses if you need them.
If you have further questions about the use of the medicine, consult a doctor or pharmacist.

4. SIDE EFFECTS

As with any medicine, use of Mirtazapine Teva may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not suffer from any of them.

If you experience any of the following serious side effects, stop taking Mirtazapine and tell your doctor immediately.
Uncommon side effects (occur in up to 1 in 100 users):
- Feeling elated or emotionally "high" (mania).

Rare side effects (occur in up to 1 in 1,000 users):
- Yellow coloring of the eyes or skin; this may suggest a disturbance in liver function (jaundice).

Side effects of unknown frequency (frequency cannot be estimated from the existing data):
- Signs of infection, such as unexplained high fever, sore throat and mouth ulcers (agranulocytosis). In rare cases Mirtazapine can cause disturbances in the production of blood cells (bone marrow depression). Certain people could become less resistant to infection because Mirtazapine can cause a temporary shortage of white blood cells (granulocytopenia). In rare instances, Mirtazapine can cause a temporary shortage of red and white blood cells, as well as platelets (aplastic anemia), platelet deficiency (thrombocytopenia) or an increased number of white blood cells (eosinophilia).
- Epileptic attack (convulsions)
- A combination of symptoms, such as unexplained fever, sweating, increased heart rate, diarrhea, (uncontrollable) muscle contractions, shivering, overactive reflexes, restlessness, mood changes, unconsciousness and increased salivation. In very rare cases, these can be signs of serotonin syndrome
- Thoughts of harming or killing yourself
- Severe skin reactions (Stevens-Johnson syndrome, toxic epidermal necrolysis)

Additional side effects:
Very common side effects (occur in more than 1 in 10 users):
- Increased appetite and weight gain
- Drowsiness or sleepiness
- Headache
- Dry mouth

Common side effects (occur in up to 1 in 10 users):
- Lethargy
- Dizziness
- Instability or tremor
- Nausea
- Diarrhea
- Vomiting
- Constipation
- Rash or skin eruptions (exanthema)
- Joint pain (arthralgia) or muscle pain (myalgia)
- Back pain
- Feeling dizzy or faint when you stand up suddenly (orthostatic hypotension)
- Swelling (typically in ankles or feet) caused by fluid retention (edema)
- Tiredness
- Vivid dreams
- Confusion
- Feeling anxious
- Sleeping problems

Uncommon side effects (occur in up to 1 in 100 users):
- Abnormal sensations in the skin, such as burning, stinging, tickling or tingling (paresthesia)
- Restless legs
- Fainting (syncope)
- Numbness in the mouth (oral hypoesthesia)
- Low blood pressure
- Nightmares
- Feeling agitated
- Hallucinations
- Urge to move

Rare side effects (occur in up to 1 user in 1,000):
- Muscle twitching or contractions (myoclonus)
- Aggressiveness
- Abdominal pain and nausea; this may suggest inflammation of the pancreas (pancreatitis)

Side effects of unknown frequency (frequency cannot be estimated from the existing data):
- Abnormal sensations in the mouth (oral paresthesia)
- Swelling in the mouth (mouth edema)
- Swelling in the body (generalized edema)
- Localized swelling
- Low blood sodium (hyponatremia)
- Inappropriate anti-diuretic hormone secretion
- Severe skin reactions (dermatitis bullous, erythema multiforme)
- Sleep walking (somnambulism)
- Speech disorder
- Increased levels of creatine kinase in the blood
- Difficulty in passing urine (urinary retention)
- Muscle pain, stiffness and/or weakness, darkening or discoloration of the color of the urine (rhabdomyolysis)

Additional side effects in children and adolescents:
In children under 18 years of age, the following side effects were observed commonly in clinical trials:
- Significant weight gain
- Hives (an allergic reaction in the skin)
- Increased blood triglycerides.

If a side effect occurs, if one of the side effects worsens or if you suffer from a side effect not mentioned in the leaflet, consult with the doctor.

Reporting side effects
Side effects can be reported to the Ministry of Health by clicking on the link "Report Side Effects of Drug Treatment" found on the Ministry of Health homepage (www.health.gov.il) that directs you to the online form for reporting side effects, or by entering the link:
https://forms.gov.il/globaldata/getsequence/getsequence.aspx?formType=AdversEffectMedic@moh.gov.il

5. HOW SHOULD THE MEDICINE BE STORED?

- Avoid poisoning! This medicine, and any other medicine, should be kept in a safe place out of the reach and sight of children and/or infants in order to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by a doctor.
- Do not use the medicine after the expiry date (exp. date) that appears on the package. The expiry date refers to the last day of that month.
- Store below 25°C.
- Protect from light and moisture.
- Do not dispose of medicines via wastewater or household waste bin. Ask the pharmacist how to dispose of medicines that are no longer in use. These measures will help protect the environment.

6. FURTHER INFORMATION

In addition to the active ingredient, the medicine also contains:
Lactose monohydrate, lactose spray dried, starch, povidone, hypromellose, magnesium stearate, polyethylene glycol, titanium dioxide, colloidal silicon dioxide, iron oxide yellow, iron oxide red
Each tablet contains approximately 226.66 mg of lactose

What the medicine looks like and the contents of the package:
A round, red-brown tablet, with a score line on one side of the tablet, with the number "9" debossed on one side of it and the number "3" debossed on the other side. The number "7207" debossed on the other side of the tablet.
The package contains 10 tablets or 30 tablets.
Not all package sizes may be marketed.

Name of Manufacturer and License Holder and its Address:
Teva Pharmaceutical Industries Ltd., P.O.B. 3190, Petach Tikva.

This leaflet was checked and approved by the Ministry of Health in June 2015, and was updated in accordance with the Ministry of Health Guidelines in July 2018

Registration number of the medicine in the National Drug Registry of the Ministry of Health:
Mirtazapine Teva 30 mg: 128.60.30665