

**Medication: Hydroxyzine 50 mg**

**What is Hydroxyzine?**

Hydroxyzine belongs to a group of medications called antihistamines that are often used to treat allergies. It may also help with anxiety and nausea. It may also be used for interstitial cystitis in patient who cannot tolerate or benefit from other medications such as tricyclic antidepressants (e.g. Amitriptyline).

**Expected Benefit:**

- Usually takes a week to notice a benefit

**Watch for possible side effects:**

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

If you have problems with these side effects talk with your doctor or pharmacist:

- Drowsiness (take at bedtime)
- Dry mouth. If you experience dry mouth try chewing sugarless gum, taking sips of water or using a saliva substitute
- Blurred vision

**Stopping the medication:**

There should be no withdrawal effect when stopping the medication.

**How to use this medication:**

- Take this medication with or without food

**Dosing Schedule:**

- Start 25 mg at bedtime
- Increase to 50 mg at bedtime once you tolerate the 25 mg without side effects

**Drugs and Foods to Avoid:**

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Avoid alcohol

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.