

Medication: Prazosin 1 mg

What is Prazosin?

Prazosin is a medication usually used to treat high blood pressure. However, it is also used to treat nightmares, sleep disruption and night sweats. It can also help with the physical manifestations of anxiety.

Expected Benefit:

- You should notice a benefit on the first night

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.

Prazosin is usually well tolerated. If you have problems with these side effects talk with your doctor or pharmacist:

- Dizziness
- Low blood pressure

Stopping the medication:

- Please talk with your doctor before stopping the medication.
- Typically there is no withdrawal effect

How to use this medication:

- Take this medication with or without food

Dosing Schedule:

- Start with 1 mg at bedtime
- The dose can be increased to 2 mg if needed.
- Some patients need a higher dose but talk to your doctor first

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 at the same time
- Take at least 2 hours after magnesium supplements

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