

Medication: Hydroxyzine (Atarax) 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:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

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.