

What is this medicine for?

Hydroxyzine belongs to a group known as antihistamines.

It is used for symptomatic relief of anxiety and also used to help with sleep. It is also used to relieve itch.

This medicine may also be used for other conditions, check with your doctor.

Before using this medicine:

Tell your doctor if you have or have ever had asthma, respiratory diseases, glaucoma, ulcers, difficulty urinating (due to enlarged prostate gland), heart disease, liver disease, renal disease, high blood pressure, seizure, overactive thyroid gland, autoimmune disorders, and also concomitant use with other sedative drugs or alcohol.

FOR WOMEN: Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding.

How to use this medicine?

Take this medicine only as directed by your doctor. If you feel that the medicine is not working well, do not take more than the prescribed dose, consult your doctor.

You should obtain this medicine from the same doctor or clinic wherever possible.

Precautions while taking this medicine:

- This medicine may make you drowsy or less alert. Do not drive or operate machinery if affected. Avoid alcohol as it can add to the drowsiness.
- When you take this medicine with some other medicines, it may affect how they work. Be sure that you tell all doctors, pharmacists, dentists and other health care providers who treat you about all medicines and natural remedies you are taking.

What should I do if I forget a dose?

If you are directed by your doctor to take this medicine regularly, take the missed dose right away if you remember within an hour or so of the missed dose. However, if you do not remember until later, skip the missed dose and go back to your regular dosing schedule.

Do not take two doses at the same time to make up for a missed one.

Possible Side Effects

Like all medications, this medication may also cause some POSSIBLE side effects in some people. Everyone responds differently to medications; so not everyone experiences any or all of them.

COMMON (Generally affect up to 10% of patients)

Most of these side effects below will get better or go away completely with continued medication taking as your body gets used to this medication. Contact your doctor or pharmacist should they become too bothersome to you.

- ~ Drowsiness
- ~ Headache
- ~ Fatigue
- ~ Dry mouth
- ~ Dizziness

FOR URGENT ATTENTION

Check with your doctor as soon as possible if you have any of the following:

- ~ Allergic reactions such as skin rash, itching, swelling of the eyes, face or lips, or difficulty in breathing
- ~ Restless muscle movements in your eyes, tongue, jaw or neck
- ~ Increased nervousness & trembling
- ~ Severe muscle weakness
- ~ Abnormal thinking or changes in behaviour
- ~ Confusion
- ~ Tremor (uncontrolled shaking)
- ~ Seizures (fits)

If you have any concerns about your medications or if you have other side effects that you think are caused by this medicine, please consult with your doctor or pharmacist.

Where should I store the medicine?

Store this medicine at room temperature, away from direct light, heat and moisture (not in the bathroom) and out of reach of children. Throw away any medication that is expired or no longer needed.

Do not share the medicine with other people.

Ask your doctor or pharmacist for more information or if you have any questions.



Patient Information Leaflet on

HYDROXYZINE

Institute of Mental Health

Pharmacy Department

10 Buangkok View
Singapore 539747

For medication enquiries: (during office hours)

IMH Clinic B/ Sayang Wellness Pharmacy: 63892077

IMH Clinic C (NAMS) Pharmacy: 63893666

Community Wellness Centre Pharmacy: 64715797

Geylang Behavioural Medicine Pharmacy: 67461724

Child Guidance Clinic (HPB) Pharmacy: 64353807

Child Guidance (Sunrise Wing) Pharmacy: 63892410

Email: enquiry@imh.com.sg

