What is most important to remember?

- Use this medicine as directed by your doctor.
- Do not start any new medicines, over-the-counter drugs or herbal remedies without talking to your doctor.
- Tell all doctors, dentists and pharmacists that you are using hydroxyzine (Atarax® or Vistaril®).
- Call your doctor if your symptoms or health problems do not get better or if they become worse.
- This medicine may cause you to be sleepy or dizzy, so use caution in activities that require you to be alert.

If you have questions:
Ask your doctor, nurse or pharmacist for more information about hydroxyzine (Atarax® or Vistaril®)

Strong Internal Medicine
601 Elmwood Avenue
Ambulatory Care Facility, 5th Floor
Rochester, NY 14642
Phone: (585) 275 7424
Visit our website at:
www.urmc.rochester.edu/medicine/general-medicine/patientcare/
What does hydroxyzine (Atarax® or Vistaril®) do?
- It is an antihistamine. Used to treat itching caused by allergies and control the nausea and vomiting caused by a number of conditions, including motion sickness
- It also can be used to treat anxiety or tension

How should hydroxyzine (Atarax® or Vistaril®) be used?
- Take this medicine as directed by your doctor
- Take with or without food. If it causes an upset stomach take with food

Who should know I am taking hydroxyzine (Atarax® or Vistaril®)?
- Keep a list of all your medicines (prescription, natural products, supplements, vitamins, over-the-counter) and give it to your healthcare provider (doctor, nurse, nurse practitioner, pharmacist, or physician assistant)

Are there any interactions with other drugs that I need to worry about?
- There are many drug interactions that may increase your risk of side effects
- Do not start new prescriptions, over-the-counter medicines, or herbal and dietary supplements without telling your doctor

What should I do if I forget to take hydroxyzine (Atarax® or Vistaril®)?
- Many times this drug is taken on an as needed basis
- Take a missed dose as soon as you think about it
- If it is almost time for your next dose, skip the missed dose and go back to your normal dose time
- Do not take 2 doses at the same time or extra doses to make up for a missed dose

What are some things that I need to be aware of when taking hydroxyzine (Atarax® or Vistaril®)?
- This medicine may make you drowsy. Do not drive or do other activities that call for you to be alert until you know how this medicine affects you.
- This medication may impair your thinking or reaction time
- Avoid drinking alcohol while taking hydroxyzine (this includes beer and wine). It can increase some of the side effects of the medicine
- Tell your doctor if you are pregnant, plan to become pregnant during treatment, or if you are breastfeeding
- If you have asthma, glaucoma, ulcers, seizures, or trouble passing urine, talk with your doctor before taking this medicine
- Share with your doctor your complete medical history before starting this medicine
- Older adults (>65 years old) may be more sensitive to the side effects of this drug, especially drowsiness and confusion

If you have any of the following side effects, call your doctor or visit the emergency room immediately:
- Very nervous or excitable
- Trouble passing urine
- Muscle weakness
- Trouble controlling body movements, twitching, change in balance, trouble swallowing or speaking

What side effects could occur with hydroxyzine (Atarax® or Vistaril®)?
- Any sign of a severe allergic reaction including, itching, rash, severe dizziness, trouble breathing, swelling of face, lips, tongue, or throat
- Feeling sleepy or dizzy
- Dry mouth, nose, throat
- Headache, upset stomach