

Package leaflet: Information for the patient

**Hydroxyzine Hydrochloride 10 mg
Film-coated tablets**
**Hydroxyzine Hydrochloride 25 mg
Film-coated tablets**

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What this medicine is and what it is used for
2. What you need to know before you take this medicine
3. How to take this medicine
4. Possible side effects
5. How to store this medicine
6. Contents of the pack and other information

1. What this medicine is and what it is used for

Hydroxyzine hydrochloride belongs to a group of medicines called sedating antihistamines. It is used in adults and children over 6 years to reduce itching caused by urticaria (nettle rash) and dermatitis (eczema).

Hydroxyzine is also used to treat anxiety in adults.

2. What you need to know before you take this medicine**Do not take this medicine**

- if you are allergic to hydroxyzine hydrochloride, cetirizine,

other piperazine derivatives, aminophylline or ethylenediamine, or any of the other ingredients of this medicine (listed in section 6)

- if your ECG (electrocardiogram) shows a heart rhythm problem called “QT interval prolongation”
- if you have or had a cardiovascular disease or if your heart rate is very low
- if you have low salt levels in your body (e.g. low level of potassium or of magnesium)
- if you are taking certain medicines for heart rhythm problems or medicines that may affect the heart rhythm (see “Taking other medicines”)
- if anyone in your close family has died suddenly of heart problems
- if you are an asthmatic who has suffered a bad reaction to an antihistamine in the past
- if you have porphyria (a disease which causes stomach pain, constipation, changes in the colour of urine, skin rashes and disturbed behaviour)
- if you are pregnant, trying to become pregnant or breast-feeding.

If any of the above applies to you, or if you are not sure, speak to your doctor or pharmacist before you take this medicine.

Warnings and precautions

Talk to your doctor or pharmacist before taking this medicine. This medicine may be associated with an increased risk of heart rhythm disorder which may be life threatening. Therefore, tell your doctor if you have any heart problems or are taking any other medicines, including medicines obtained without prescription.

While taking this medicine, seek immediate medical attention if you experience heart problems such as palpitations, trouble breathing, loss of consciousness. Treatment with hydroxyzine should be stopped.

Before you take this medicine tell your doctor if you suffer with:

- kidney disease or are on dialysis

- liver disease. Hydroxyzine is not suitable for patients with severe liver disease or liver failure
- glaucoma (increased pressure in the eye)
- difficulty passing water e.g. due to an enlarged prostate
- digestive system or stomach problems
- myasthenia gravis (a muscle weakness disorder)
- dementia
- seizure disorders including epilepsy (fits)
- breathing problems
- bladder outflow obstruction
- hyperthyroidism (often referred to as an “overactive thyroid”)
- high blood pressure (hypertension)

Your doctor may adjust your dose if you are elderly.

Hydroxyzine may affect the results of some tests for allergy or asthma. Always tell your doctor or nurse that you have been given hydroxyzine recently.

If the above applies to you, or if you are not sure, speak to your doctor or pharmacist before you take Hydroxyzine.

Taking other medicines

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Do not take this medicine if you are taking medicine to treat:

- bacterial infections (e.g. the antibiotics erythromycin, moxifloxacin, levofloxacin)
- fungal infections (e.g. pentamidine)
- heart problems or high blood pressure (e.g., amiodarone, quinidine, disopyramide, sotalol)
- psychoses (e.g. haloperidol)
- depression (e.g. citalopram, escitalopram)
- gastro-intestinal disorders (e.g. prucalopride)
- allergy
- malaria (e.g. mefloquine)
- cancer (e.g. toremifene, vandetanib)
- drug abuse or severe pain (methadone)

It is also important that you tell your doctor if you are taking any of the following medicines:

- adrenaline or epinephrine
- barbiturates (for sleeping disorders and epilepsy)
- cimetidine (for ulcers and heartburn)
- antiemetics (drugs effective against vomiting and nausea)
- betahistine (used to treat a condition called Ménière’s disease)
- anaesthetics
- muscle relaxants
- opioids (medicines for relieving severe pain) anticholinergic medicines, these include some medicines used for irritable bowel syndrome, asthma or incontinence
- aminophylline (for breathing problems)
- benzylpenicillin salts and chloramphenicol sodium succinate (antibiotics)
- doxorubicin hydrochloride (a chemotherapy drug)
- antidepressants, including monoamine oxidase inhibitors (MAOIs) (such as isocarboxazid or moclobemide), and tricyclics (such as amitriptyline) medicines to treat anxiety
- medicines that help you sleep
- benzodiazepines
- anticholinesterase medicines (such as edrophonium and neostigmine)
- antimuscarinic medicines (such as atropine)
- antiepileptic medicines
- other antihistamines

Taking with food and drink

You should not take alcohol with this medicine because the sedative effects of the alcohol may be increased.

Pregnancy and breast-feeding**Pregnancy**

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

The following symptoms may occur in newborn babies of mothers that have used hydroxyzine during late pregnancy and/or labour,

they were observed immediately or only a few hours after birth: shaking, muscle stiffness and/or weakness, breathing problems and urinary retention (withholding/retaining urine).

Breast-feeding

Do not take this medicine if you are breast-feeding.

Stop breast-feeding if treatment with this medicine is necessary.

Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

Hydroxyzine may make you drowsy and make you feel less alert than usual for the first few days after you start taking it. If you are affected do not drive or operate machinery until this effect has worn off.

This medicine contains lactose

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Information on sodium content

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially “sodium-free”.

3. How to take this medicine

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Hydroxyzine should be used at the lowest effective dose and the treatment period should be as short as possible.

For treating itching in adults

The starting dose is 25 mg at night, your doctor may increase the dose up to 25 mg three or four times daily.

Children and adolescents**For treating itching in children**

This product is not recommended for children under 6 years of age. In children up to 40 kg in weight, other appropriate strengths and dosage forms containing hydroxyzine should be administered.

Children over 6 years:

15 mg to 25 mg daily which your doctor may increase up to 50 mg

FLAT DIMENSION = 160 x 485mm

FOLDED DIMENSION = 160 x 30mm

- 100 mg daily, taken throughout the day. The doctor may change this depending on the child's weight.

For treating anxiety in adults

The dose is 50 mg to 100 mg daily, taken throughout the day.

For patients with liver disease

Your doctor will reduce your dose by about one third if you have liver disease. Hydroxyzine is not suitable for patients with severe liver disease or liver failure

For patients with kidney disease

Your doctor will reduce your dose by about half if you have kidney disease.

For elderly patients

In the elderly, the maximum daily dose is 50 mg per day.

Route and method of administration

For oral use. The tablets should be swallowed with a sufficient amount of water. The tablets can be taken with or without food. The score line on 25 mg tablet is not intended for breaking the tablet.

For a dose below 10 mg other appropriate strengths and dosage forms containing hydroxyzine should be used.

If you take more of this medicine than you should

If you have used or taken too much hydroxyzine, immediately contact your doctor or the nearest accident and emergency department, in particular if a child has taken too much. In the event of overdose, symptomatic treatment could be implemented. An ECG monitoring could be undertaken, because of the possibility of a heart rhythm problem such as QT interval prolongation or Torsade de Pointes.

Symptoms of an overdose can vary and may include:

- slowing of your thoughts, slurred speech and experiencing restless, involuntary or slow movements
- dry mouth, problems with your vision, fast or pounding heart beat, difficulty passing water and constipation
- slowing down of your central nervous system, which can slow your breathing and heart rate, cause you to feel drowsy or

become unconscious. Or, you may experience stimulation of your central nervous system, with feelings of excitement, fits, shaking and hallucinations.

Hydroxyzine can cause considerable sedation that requires treatment.

If any other medicines or substances have been taken at the same time as Hydroxyzine tell the medical staff carrying out the treatment of the overdose.

If you forget to take this medicine

If you forget to take a dose, take it as soon as possible, unless it is almost time to take the next dose. Do not take a double dose to make up for the forgotten dose. Take your next tablet at the usual time.

If you stop taking this medicine

Do not stop taking this medicine unless your doctor tells you to.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you get any of the following symptoms after taking hydroxyzine, stop taking the medicine and seek immediate medical attention:

- Symptoms of a severe allergic reaction such as:
 - Swelling of the face, tongue or throat
 - Difficulties in swallowing
 - Hives and difficulties in breathing
- Severe skin reactions that can include blistering of the skin, eyes, mouth and genitals
- Tremor (shakiness) or convulsions (fits)
- if you experience any problems with the heart rhythm such as palpitations, trouble breathing or loss of consciousness.

Other possible side effects of hydroxyzine include:

Not known: cannot be estimated from the available data

- drowsiness, sedation, coma, slurred speech, slowing of thought processes and movements, involuntary movements, dizziness, faintness, headache, inability to concentrate, sleep disturbances, bitter taste in mouth
- confusion, hallucinations, disorientation, unusual mood changes
- bloodshot eyes, blurred vision and difficulty in focussing
- faster or pounding heart beat
- low blood pressure, flushing
- dryness of the nose, mouth or throat, wheezing
- liver problems (symptoms include jaundice)
- difficulty or pain when passing water, blood in urine
- tiredness, general feeling of being unwell, fever, chills, muscle pain, chest tightness, achy joints
- porphyria (a rare illness which affects the metabolism), anorexia
- blood disorders
- skin rashes, swelling, itching, hives, eczema, increased sweating, hair loss, tingling, prickling, numbing of skin, pus-filled skin sores
- prolonged penile erection, impotence, early menstruation
- hearing, balance or coordination problems
- digestive system or stomach problems, feeling or being sick, diarrhoea, constipation
- Weight increased

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store this medicine

- Keep this medicine out of the sight and reach of children.
- This medicinal product does not require any special storage conditions.
- Do not use this medicine after the expiry date which is stated on the label after EXP. The expiry date refers to the last day of that month.

- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What this medicine contains

- The active substance is hydroxyzine hydrochloride. Each film-coated tablet contains 10 mg or 25 mg of hydroxyzine hydrochloride.
- The other ingredients in tablet core are lactose monohydrate, calcium phosphate, pregelatinised starch, sodium laurylsulfate, colloidal anhydrous silica, magnesium stearate. The tablet coat contains titanium dioxide (E171), hydroxypropyl methylcellulose, macrogol 400.

What this medicine looks like and contents of the pack

- 10 mg: White to off-white, circular, biconvex film coated tablets plain on both sides.
- 25 mg: White to off-white, circular, biconvex film coated tablets with score notch on one side and plain on other side.
- This medicine is available in blister packs of 28's, 25's, 84's or 100 tablets. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

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