

Vistaril (hydroxyzine)



What is it usually prescribed for?

Anxiety and tension caused by nervous and emotional conditions, itching caused by allergic skin reactions, and other conditions



How does it work?

Vistaril helps control feelings of fear or worry and itching. Vistaril is thought to block the action of the brain chemical histamine.



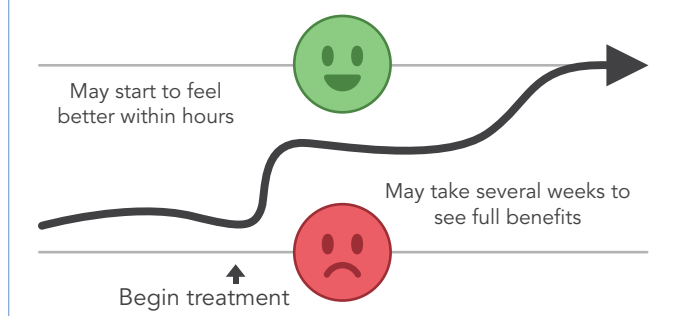
What should I expect?

Feelings of fear or worry may improve within hours of taking the first dose of Vistaril. It can take several weeks for full symptom relief.

Treating feelings of fear or worry may require taking four doses of Vistaril per day for several weeks. After that Vistaril may be taken as needed.

In the case of long-term symptoms, your healthcare professional may continue treatment for 6 months after you feel better. This is done to make sure your symptoms don't return.

WHEN WILL I FEEL BETTER?



Take Vistaril exactly as prescribed to get the full benefit of this medicine.



Will I have side effects?

You may or may not have side effects when taking Vistaril. Some side effects like feeling drowsy may be temporary. Drowsiness may be more likely in older adults.

What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

	Drink plenty of water	Drink less alcohol	Do more exercise	Healthcare professional suggestion
Feeling dizzy	X	X		
Feeling drowsy	X	X	X	
Dry mouth	X	X		
Upset stomach	X	X		
Headache	X	X	X	

Note: This is not a complete list of side effects; other side effects are possible. Before starting Vistaril, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



Neuroscience Education Institute

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YOU'RE NOT ALONE!

In 2020, Vistaril was prescribed over 10.0 million times in the United States.

What should I avoid?






Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are interactions with medicines that may increase your chance of side effects.

Don't drive a car or operate machinery until you know how this medicine affects you.

Use less alcohol and recreational drugs. They may decrease the benefits of Vistaril and increase the chance of side effects.

Avoid pregnancy while taking this medicine. Vistaril is associated with birth defects when taken in the first trimester of pregnancy.

WHAT IS MOST IMPORTANT TO REMEMBER

-  You may begin to feel better within hours of your first dose
-  Tell your healthcare professional about any troubling side effects so that you can work together to address them
-  Don't drive a car or operate machinery until you know how this medicine affects you
-  Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional
-  Get medical care right away if you have serious side effects



When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Fast or pounding heartbeats
- Headache with chest pain
- Severe dizziness or fainting
- Seizure (convulsions)

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



Where can I get more help?

National Alliance on Mental Illness (NAMI) – [nami.org](https://www.nami.org)

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text “HELLO” to 741741



Notes and questions for my next appointment

