

Helozine 25 Tablet

Hydroxyzine 25mg Tablet Information

Generic Name:

Hydroxyzine

Strength:

25mg

Form:

Tablet

Therapeutic Class:

Antihistamine, Anxiolytic, Antiemetic,
Sedative

Description

Hydroxyzine is an antihistamine with a variety of therapeutic uses. It works by blocking histamine receptors in the brain, which helps reduce symptoms like itching, allergic reactions, anxiety, nausea, and sleep disturbances. Hydroxyzine is commonly used to treat conditions such as anxiety, allergic skin reactions, nausea, and as a sedative before or after surgery.

Indications

Hydroxyzine 25mg tablets are indicated for:

- **Anxiety and Tension:** Short-term relief of anxiety symptoms. It is often

used when a non-habit forming option is preferred.

- **Allergic Reactions:** Relief of itching and discomfort associated with allergic conditions such as hay fever, urticaria (hives), and other allergic skin reactions.
 - **Sedation:** As a preoperative sedative or as part of a relaxation regimen before or after surgery.
 - **Insomnia:** Used for short-term management of sleep disturbances and insomnia, particularly when associated with anxiety.
 - **Nausea and Vomiting:** Hydroxyzine can be used to alleviate nausea and vomiting, especially in the postoperative period or due to certain medical conditions.
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Dosage and Administration

- **For Anxiety and Tension:**
 - **Adults:** 25mg 3 to 4 times a day, depending on the severity of symptoms.
 - **Elderly or Debilitated Patients:** Lower starting doses may be recommended to reduce the risk of sedation or dizziness.
- **For Allergic Conditions:**
 - **Adults:** 25mg 3-4 times daily.
 - **Children (6 years and older):** 12.5mg 2-3 times daily.
- **For Insomnia:**
 - **Adults:** 25mg 30 minutes before bedtime.
- **For Preoperative Sedation:**

- **Adults: Typically, 50-100mg once as directed by a healthcare provider, before surgery.**

Note: Hydroxyzine is usually taken orally with or without food. The exact dosage will depend on the specific condition being treated and the patient's response. Always follow the dosing instructions provided by your healthcare provider.

Contraindications

- **Hypersensitivity: Known hypersensitivity or allergic reaction to hydroxyzine or any of its components.**
 - **Early Pregnancy: Hydroxyzine should not be used in early pregnancy unless clearly needed, as it can cross the placenta.**
 - **QT Prolongation: Use with caution in individuals with a history of heart disease, arrhythmias, or prolonged QT interval.**
 - **Alcohol or CNS Depressants: Avoid use with alcohol, sedatives, or other central nervous system (CNS) depressants, as it may cause excessive sedation or respiratory depression.**
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Precautions

- **Elderly: Caution should be exercised when prescribing hydroxyzine to elderly patients, especially those with a history of heart disease, glaucoma, or urinary retention.**
- **Liver and Kidney Dysfunction: Use with caution in patients with liver or kidney disease, as hydroxyzine is**

- metabolized by the liver and excreted by the kidneys.
 - **Driving and Operating Machinery: Hydroxyzine may cause drowsiness, so caution is advised when performing tasks requiring alertness, such as driving or operating machinery.**
 - **Pregnancy and Lactation: Hydroxyzine should be used during pregnancy only when the benefits outweigh the risks. It is excreted in breast milk, so caution is recommended when using it in breastfeeding mothers.**
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Side Effects

Common side effects may include:

- **Drowsiness or sedation**
- **Dizziness or lightheadedness**
- **Dry mouth**
- **Headache**
- **Fatigue or weakness**

Serious side effects are rare but may include:

- **Severe allergic reactions (e.g., rash, itching, swelling, severe dizziness, or trouble breathing)**
- **Severe drowsiness or confusion**
- **Heart problems: Palpitations or irregular heartbeats, especially in patients with a history of cardiac issues.**
- **Urinary retention: Difficulty urinating or a decreased need to urinate.**
- **Low blood pressure: Symptoms like lightheadedness or fainting, particularly when standing up quickly.**

Drug Interactions

- **CNS Depressants:** Combining hydroxyzine with other CNS depressants, including alcohol, sedatives, or opioids, can enhance sedative effects and increase the risk of respiratory depression.
- **Antihistamines:** Caution is advised when used with other antihistamines or drugs that have sedative properties.
- **QT Prolonging Drugs:** Avoid combining hydroxyzine with medications that can prolong the QT interval, as this can increase the risk of arrhythmias.
- **CYP450 Inhibitors:** Hydroxyzine may interact with drugs that inhibit the cytochrome P450 enzymes (e.g., fluconazole, ketoconazole), which could lead to higher blood levels of hydroxyzine.

Storage Instructions

- **Store at room temperature (15-30°C)** in a dry place, away from direct sunlight and moisture.
- **Keep out of reach of children and pets.**
- **Do not store in the bathroom or areas with high humidity.**

Additional Notes

- **Use as Directed:** Hydroxyzine should only be used for short-term management of symptoms, particularly anxiety, insomnia, and

allergic reactions. Prolonged use may lead to tolerance and potential dependency.

- **Discontinue Gradually:** Do not suddenly stop using hydroxyzine, especially if used for extended periods, as it may cause withdrawal symptoms.
- **Regular Monitoring:** If used for conditions like anxiety, regular follow-ups with your healthcare provider are recommended to assess the effectiveness and adjust dosages as necessary.

Always follow the instructions provided by your healthcare provider for dosing and treatment to ensure safety and effectiveness.

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