

Xanax

If you have anxiety or panic disorder you may be prescribed Xanax.

Its generic name is Alprazolam.

To understand how Xanax works, let's look at how anxiety and panic disorder affects your body.

Your brain is constantly firing information and messages to the rest of your body, telling you how to think, how to feel and what to do.

When you are faced with a situation that makes you anxious or causes you to panic, your brain puts you in a state of alert and gets you ready to face the situation.

When it passes, the nerve signals in your brain slow down and your body calms. But when you suffer from anxiety or panic disorders, your brain can't turn off that state of alert.

Xanax works by slowing the activity of the nerves in the brain.

You may be prescribed a short-acting dose of Xanax for anxiety that comes and goes.

Or you may be prescribed an extended-release dose to manage your anxiety for longer periods of time.

Make sure you understand exactly what you are taking and how you are supposed to take it.

Xanax is a powerful medication. Some people should not take it.

Do not take Xanax if you are allergic to other anti-anxiety medications like Klonopin or Valium.

Or if you are pregnant, planning to get pregnant, or are breastfeeding. Xanax can harm your baby.

Before taking Xanax, tell your healthcare provider if you have a history of: glaucoma, liver or kidney problems, or depression or suicidal thoughts.

Xanax can be highly addictive. If you have a history of abuse of: street drugs, prescription medications, or alcohol, tell your healthcare provider. There may be a different medication available for you.

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Some side effects of Xanax include: dizziness, feeling tired, headache, dry mouth, change in appetite, depression, constipation, and nausea.

If you do notice any of these side effects contact your doctor about how to manage them.

When you are taking Xanax be aware that...

You are at an increased risk of falling...

Your ability to drive a car or operate heavy machinery can be affected...

Xanax can increase the effects of alcohol...

Call 911 if you have an allergic reaction like: trouble breathing, hives, or swelling of your face or throat.

Or if you have: hallucinations or unusual behaviors, no fear of danger, thoughts of suicide or hurting yourself, chest pain or fast heartbeats, if you feel like you are going to pass out, or have yellow skin or eyes.

Get help right away!

This is not the complete list of side effects. Make sure you discuss all possible side effects with your healthcare provider.

Remember to take Xanax exactly as prescribed.

If you think you have taken too much Xanax, call 911.

An overdose can lead to death.

Store Xanax at room temperature, not too hot or too cold, away from moisture and direct sunlight.

Keep it out of sight and out of reach of any children.

Xanax can help you manage anxiety or panic disorder. But it is a powerful medication that should only be taken exactly as prescribed.

If you have any questions about Xanax, ask your doctor or pharmacist for more information.