

Your Doctor Discussion Guide

To help you have a conversation with your doctor, fill out this Doctor Discussion Guide and bring it with you to your next appointment. This form has been designed to help you get any questions answered while providing your doctor with the information he or she may need to best manage your condition and treatment plan.

Information for Your Healthcare Professional

Describe your recent symptoms. _____

Do you feel anxious or experience panic attacks? If "yes," please describe. _____

Are you taking XANAX as your doctor has prescribed and how often? _____

Are you experiencing any side effects that are causing you difficulty or discomfort? _____

Have there been any significant changes in your life or to your health? _____

What medications are you currently taking (including prescription and over-the-counter medications)? _____

How long have you been taking XANAX? _____

You are encouraged to report adverse events related to Viatrix products by calling 1-877-446-3679 (U.S. only). If you prefer, you may contact the U.S. Food and Drug Administration (FDA) directly. Visit www.fda.gov/MedWatch or call 1-800-FDA-1088.

IMPORTANT SAFETY INFORMATION AND INDICATIONS

What is the most important information I should know about XANAX?

- **XANAX is a benzodiazepine medicine. Taking benzodiazepines with opioid medicines, alcohol, or other central nervous system depressants (including street drugs) can cause severe drowsiness, breathing problems (respiratory depression), coma, and death.**

Get emergency help right away if any of the following happens:

- Shallow or slowed breathing
- Breathing stops (which may lead to the heart stopping)
- Excessive sleepiness (sedation)

Do not drive or operate heavy machinery until you know how taking XANAX with opioids affects you.

- **There is a risk of abuse, misuse, and addiction with XANAX, which can lead to overdose and serious side effects, including coma and death, delirium, paranoia, suicidal thoughts or actions, seizures, and difficulty breathing. You can develop an addiction even if you take XANAX as prescribed by your healthcare provider.**
- **XANAX can cause physical dependence and withdrawal reactions. Do not suddenly stop taking XANAX as it may lead to serious and life-threatening side effects, including unusual movements, responses, or expressions, seizures, sudden and severe mental or nervous system changes, depression, seeing or hearing things that others do not, an extreme increase in activity or talking, losing touch with reality, and suicidal thoughts or actions.**

Please see additional Important Safety Information and Indications on next page and click here for [Full Prescribing Information, including Boxed WARNING, and Medication Guide.](#)

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Questions for Your Healthcare Professional

Write down any additional questions you might have for your doctor about your condition and treatment. During your appointment, write down the responses so you can refer to them later.

QUESTIONS

ANSWERS

Additional Questions to Ask Your Doctor

What should I do if I miss a dose of XANAX? _____

What can I expect if I take my medication as prescribed? _____

When do I need to come in for a follow-up visit? Date: ____/____/____ Time: ____:____:____

XANAX is available by prescription only in 0.25, 0.5, 1, and 2 mg tablets.

IMPORTANT SAFETY INFORMATION AND INDICATIONS (continued)

CALL YOUR HEALTHCARE PROVIDER OR GO TO THE HOSPITAL EMERGENCY ROOM RIGHT AWAY IF YOU GET ANY OF THE ABOVE LIFE-THREATENING OR SERIOUS SIDE EFFECTS.

XANAX is a federal controlled substance (C-IV) because it can be abused or lead to dependence. Keep XANAX in a safe place to prevent misuse and abuse. It is not known if XANAX is safe and effective in children.

Do not take XANAX if you are allergic to alprazolam, other benzodiazepines, or any of the ingredients in XANAX. Do not take XANAX if you are taking antifungal treatments, including ketoconazole or itraconazole.

Before you take XANAX, tell your healthcare provider about all your medical conditions, including if you:

- Have or have had depression, mood problems, or suicidal thoughts or behavior.
- Have liver or kidney problems.
- Have lung disease or breathing problems.
- Are pregnant or plan to become pregnant. Taking XANAX late in pregnancy may cause your baby to have symptoms of sedation and/or withdrawal symptoms. Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with XANAX.
- Are breastfeeding or plan to breastfeed. XANAX passes into your breast milk. Breastfeeding is not recommended during treatment with XANAX.

Tell your healthcare provider about all the medicines you take, including prescriptions and over-the-counter medicines, vitamins, and herbal supplements. Taking XANAX with certain other medicines can cause side effects or affect how well XANAX or the other medicines work. Do not start or stop other medicines without talking to your healthcare provider.

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IMPORTANT SAFETY INFORMATION AND INDICATIONS (continued)

Take XANAX exactly as your healthcare provider prescribed.

- Do not take more XANAX than prescribed or take XANAX for longer than prescribed.
- Do not share your XANAX with other people.
- Keep XANAX in a safe place and away from children.

XANAX may cause serious side effects, including:

- See “What is the most important information I should know about XANAX?”
- **Seizures.** Stopping XANAX can cause seizures and seizures that will not stop (status epilepticus).
- **Mania.** XANAX may cause an increase in activity and talking (hypomania and mania) in people who have depression.
- **XANAX can make you sleepy or dizzy and can slow your thinking and motor skills.** Do not drive, operate heavy machinery, or do other dangerous activities until you know how XANAX affects you.
- **Do not drink alcohol or take other drugs that may make you sleepy or dizzy while taking XANAX without first talking to your healthcare provider.** When taken with alcohol or drugs that cause sleepiness or dizziness, such as opioid medications or sleeping pills, XANAX may make your sleepiness or dizziness much worse.

The most common side effects of XANAX include problems with coordination, hypotension, trouble saying words clearly, and changes in sex drive (libido).

INDICATIONS

XANAX (alprazolam) is indicated to treat anxiety disorders and for the short-term relief of symptoms of anxiety. XANAX is also indicated to treat panic disorder with or without a fear of places and situations that might cause panic, helplessness, or embarrassment (agoraphobia).

Click here for [Full Prescribing Information, including Boxed WARNING, and Medication Guide.](#)