



## First-generation antihistamines like hydroxyzine improves generalized pruritus of unknown origin (GPUO) in adults, affirm British Association of Dermatologists

Scientists have recently published a new set of evidence-based recommendations on the investigation and management of secondary pruritus without underlying skin disorder and generalized pruritus of unknown origin (GPUO) in adults (excluding children aged < 18 years). Based on their detailed review findings, the investigators emphasized that in patients with generalized pruritus no one therapy has been found to be effective and safe. Use of first generation antihistamines, such as *hydroxyzine* 25 mg daily orally was suggested for improvement in histamine-induced pruritus in the short-term or palliative setting. H1 and H2 antagonists in combination was also recommended for generalized pruritus relief. For the management of paraneoplastic pruritus use of *paroxetine*, *mirtazapine*, *granisetron* or *aprepitant* was recommended, while for controlling uraemic pruritus in individual cases topical tacrolimus was recommended. For investigation of generalized pruritus without rash (GPWOR) *full blood count*, *ferritin levels*, *certain liver functions test*, while for patients with haematological involvement, *blood film*, *lactate dehydrogenase* and *ESR (if available)* as well as *immunoglobulins* and *urinary paraproteins* is recommended.

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Reference: Millington GWM, Collins A, Lovell CR, Leslie TA, Yong ASW, Morgan JD, Ajithkumar T, Andrews MJ, Rushbook SM, Coelho RR, Catten SJ, Lee KYC, Skellett AM, Affleck AG, Exton LS, Mohd Mustapa MF, Levell NJ. British Association of Dermatologists' guidelines for the investigation and management of generalized pruritus in adults without an underlying dermatosis, 2018. Br J Dermatol. 2018 Jan;178(1):34-60. doi: 10.1111/bjd.16117. PMID: 29357600.

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