ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Antihistamine (Allergy Medications)

Indications for Use:

- Allergies
- Itching
- Difficulty sleeping (mild cases)

Medication Examples:

- **Diphenhydramine** (Benadryl)
- **Loratadine** (Claritin)
- **Cetirizine** (Zyrtec)

Common Side Effects:

- Drowsiness
- Dry mouth
- Dizziness
- Urinary retention (rare)

Tips:

- **Administration:** Usually taken once daily, some antihistamines may cause mild sedating effects, consider taking at night.
- If drowsiness is an issue, consider non-sedative antihistamines like loratadine.
- For seasonal allergies, start taking Loratadine or Cetirizine before symptoms begin for maximum effect.
- **Storage:** Store in a safe place, away from heat, sunlight, and moisture. Keep all medicines out of reach of children or pets.

St. Francis Reflections is always available to assist with any questions or concerns 24/7

321-269-4240