Taking Antihistamines for Allergies

Antihistamine (Anti-his-ta-mine) medications can help control allergies. They can help control asthma in children whose allergies trigger asthma symptoms.

Antihistamines are used to treat:
- Allergies (runny nose, sneezing, watery and itchy eyes)
- Hives (red bumps on your skin)

Some antihistamines include:
Allegra, Benadryl, Claritin, and Zyrtec. Talk to your doctor about other versions of these that cost less and if they may be right for you. Antihistamines come in pills or liquid.

Take Your Antihistamines by Mouth

Do not use antihistamines to treat an asthma attack.

Common possible side effects
- Headache
- Tiredness
- Sleepiness
- Dry mouth

Uncommon possible side effects
- Hives (red bumps on the skin)
- Itching
- Wanting to eat more
- Sweating more than you normally do

Call your doctor or nurse if:
- Symptoms get worse or do not improve
- You have a bad effect or reaction from this medicine

Do not run out of medication
- Keep a watch on the number of doses left in your medication.
- When you have used about half of the doses, call to get a refill.

For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org

This document is only to give information. Talk to your doctor about treatment for you. 6-10-2020