

Palmetto State Pharmaceuticals

Patient Drug Education

DIPHENHYDRAMINE 25 MG CAP

USES:

Diphenhydramine is an antihistamine used to relieve symptoms of allergy, hay fever and the common cold. These symptoms include rash, itching, watery eyes, itchy eyes/nose/throat, cough, runny nose and sneezing. It is also used to prevent and treat nausea, vomiting and dizziness caused by motion sickness. Diphenhydramine can also be used to help you relax and fall asleep. This medication works by blocking a certain natural substance (histamine) that your body makes during an allergic reaction. Its drying effects on such symptoms as watery eyes and runny nose are caused by blocking another natural substance made by your body (acetylcholine).

HOW TO TAKE THIS MEDICATION:

HOW TO USE: Take the tablet, capsule, or liquid form by mouth, with or without food. Diphenhydramine may be taken with food or milk if stomach upset occurs. Measure the liquid medication with a dose-measuring spoon or device, not a regular teaspoon, to make sure you have the correct dose. The rapidly-dissolving tablet or strip should be allowed to dissolve on the tongue and then swallowed, with or without water. A second strip may be taken after the first strip has dissolved. The chewable tablets should be chewed thoroughly before being swallowed. Follow the directions for dosing on the label, or take as directed by your doctor. Do not take more medication than recommended. Your dosage is based on your age, medical condition and response to therapy. Ask your doctor or pharmacist if you have any questions. To prevent motion sickness, take your dose 30 minutes before starting activity such as travel. To help you sleep, take your dose about 30 minutes before bedtime. If you continue to have difficulty sleeping for longer than 2 weeks, contact your doctor. Tell your doctor if your condition does not improve or if it worsens.

SIDE EFFECTS:

Drowsiness, dizziness, headache, constipation, stomach upset, vision changes (e.g., blurred vision), irritability, decreased coordination, or dry mouth/nose/throat may occur. These effects may decrease as your body adjusts to the medication. If any of these effects persist or worsen, inform your doctor. To relieve dry mouth, suck on (sugarless) hard candy or ice chips, chew (sugarless) gum, drink water or use a saliva substitute. Diphenhydramine can dry up and thicken mucus in your lungs, making it more difficult to breathe and clear your lungs. To help prevent this effect, be sure to drink plenty of fluids unless otherwise directed by your physician. Remember that your doctor has prescribed this medication because the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Tell your doctor immediately if any of these rare but serious side effects occur: pounding/irregular heartbeat, ringing in the ears, seizure, difficulty urinating. A very serious allergic reaction to this drug is unlikely, but seek immediate medical attention if it occurs. Symptoms of a serious allergic reaction may include: rash, itching, swelling, severe dizziness, trouble breathing.. If you notice other effects not listed above, contact your doctor or pharmacist.

PRECAUTIONS:

Before taking diphenhydramine, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies. Check the label for any inactive ingredients you may be allergic to. Before using this medication, tell your doctor or pharmacist your medical history, especially of: breathing problems (e.g., asthma, emphysema), glaucoma, heart problems, high blood pressure, liver disease, mental/mood changes, seizures, stomach problems (e.g., ulcers, obstruction), an overactive thyroid gland, difficulty urinating (e.g., due to an enlarged prostate gland). This drug may make you dizzy or drowsy or cause blurred vision; use caution engaging in activities requiring alertness such as driving or using machinery. Limit the use of alcohol and certain other drowsiness-causing medications (for more details, see Drug Interactions). To minimize dizziness and lightheadedness, get up slowly when rising from a seated or lying position. The rapidly-dissolving, liquid, and chewable preparations of this product may contain aspartame. If you have phenylketonuria (PKU) or any other condition that requires you to restrict your intake of aspartame (or phenylalanine), consult your doctor or pharmacist regarding the safe use of this medicine. Liquid preparations of this product may contain sugar and/or alcohol. Caution is advised if you have diabetes, alcohol dependence or liver disease. Ask your doctor or pharmacist about the safe use of this product. Do not give this medication to a child younger than six years of age unless directed to do so by a doctor. Caution is advised when using this drug in children because they are more sensitive to the effects of antihistamines. This drug can often cause excitement in young children instead of drowsiness. Caution is advised when using this drug in the elderly because they may be more sensitive to its effects, especially dizziness, drowsiness and low blood pressure. This drug should be used only if clearly needed during pregnancy. Tell your doctor if you are pregnant before using this medication. This drug passes into breast milk and may have undesirable effects on a nursing infant. Therefore, breast-feeding is not recommended while using this medication. Consult your doctor before breast-feeding.

DRUG INTERACTIONS:

Your healthcare professionals (e.g., doctor or pharmacist) may already be aware of any possible drug interactions and may be monitoring you for it. Do not start, stop or change the dosage of any medicine before checking with them first. Avoid taking MAO inhibitors (e.g., furazolidone, isocarboxazid, linezolid, moclobemide, phenelzine, procarbazine, selegiline, tranylcypromine) for 2 weeks before, during, and 2 weeks after treatment with this medication. In some cases a serious, possibly fatal, drug interaction may occur. Before using this medication, tell your doctor or pharmacist of all prescription and nonprescription/herbal products you may use, especially of: antispasmodics (e.g., atropine, belladonna alkaloids), drugs for Parkinson's disease (e.g., anticholinergics such as benzotropine, trihexyphenidyl), scopolamine, tricyclic antidepressants (e.g., amitriptyline). Tell your doctor or pharmacist if you also take drugs that cause drowsiness such as: certain antihistamines (e.g., dimenhydrinate), anti-seizure drugs (e.g., carbamazepine), medicine for sleep or anxiety (e.g., alprazolam, diazepam, zolpidem), muscle relaxants, narcotic pain relievers (e.g., codeine), psychiatric medicines (e.g., chlorpromazine, risperidone, amitriptyline, trazodone). Check the labels on all your medicines (e.g., cough-and-cold products) because they may contain

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drowsiness-causing ingredients. Ask your pharmacist about the safe use of those products. Check the labels on all your medicines because they may also contain diphenhydramine or other antihistamines (e.g., dimenhydrinate). This includes medications taken by mouth or applied to the skin (e.g., anti-itch cream, ointment, spray). Ask your pharmacist about the safe use of those products.

NOTES:

Do not take for several days before allergy testing because test results can be affected. Do not share this product with others.

MISSED DOSE:

If you miss a dose, take it as soon as you remember. If it is near the time of your next dose, skip the missed dose and resume your usual dosing schedule. Do not double the dose to catch up.

STORAGE:

Store at room temperature between 59-86 degrees F (between 15-30 degrees C) away from moisture and light. Store in a tightly closed container. Do not store in the bathroom. Do not freeze liquid forms of this medication. Keep all medicines away from children and pets.