

Diphenhydramine

What it does:

Diphenhydramine is an antihistamine. It blocks the effects of histamine produced in the body.

How it works:

By blocking the histamine effects, it stops itchiness and the wheal and flare reaction.

What to do if you miss a dose:

If you miss a dose, take it as soon as you remember unless it is close to the next dose.

DO NOT DOUBLE YOUR DOSE.

Possible side effects:

Drowsiness or sedation and dry mouth are the most commonly reported side effects. These are usually mild and will disappear with time.

Helpful hints:

Dry mouth may be relieved by sipping water or ice chips (watch fluid intake), by sucking on hard candy (watch if diabetic) or by using a saliva substitute.

Do not operate dangerous machinery or drive until the amount of drowsiness is known.

Drowsiness may be additive with other medications, e.g. cough and cold preparations. Check with your pharmacist.



Use the space below to write down why you are taking this medication and other notes.
