

# ORAL ALLERGY TREATMENTS: OTC (Part 1 of 2)

Generic	Brand	Strength	Form	Dose
<b>ANTI-HISTAMINE (FIRST GENERATION H<sub>1</sub> ANTAGONIST)</b>				
chlorpheniramine maleate	<b>Chlor-Trimeton</b>	4mg	tabs	<b>Children: &lt;6yrs: not recommended.</b> 6–11yrs: 2mg every 4–6hrs; max 12mg/24hrs. <b>Adults:</b> 4mg every 4–6hrs; max 24mg/24hrs.
demastine fumarate	—	1.34mg	tabs	<b>Children: &lt;12yrs: not recommended.</b> <b>Adults:</b> 1.34mg every 12hrs; max 2.68mg/day.
diphenhydramine HCl	<b>Benadryl Allergy</b>	25mg	caps; tabs; liq-filled softgels <sup>1</sup>	<b>Children: &lt;6yrs:</b> Individualize. 6–12yrs: 12.5–25mg every 4–6hrs; max 150mg/day. <b>Adults:</b> 25–50mg every 4–6hrs; max 300mg/day.
		12.5mg/5mL	liq <sup>1,2,3,5</sup>	
<b>ANTI-HISTAMINE (SECOND GENERATION H<sub>1</sub> ANTAGONIST)</b>				
cetirizine	<b>Children's Zyrtec Allergy Syrup</b>	1mg/mL	syrup <sup>1,3</sup>	<b>Adults and Children:</b> Dissolve tabs. May take with or without water. For doses <5mg: Use syrup. <b>&lt;2yrs: not recommended.</b> 2–6yrs: Initially 2.5mg once daily; max 5mg once daily or 2.5mg every 12hrs. ≥6yrs: Initially 5–10mg once daily. ≥65yrs: use dissolve tabs or syrup: 5mg once daily. <i>Hepatic or renal impairment:</i> Individualize.
	<b>Children's Zyrtec Dissolve Tabs</b>	10mg	ODT	
	<b>Zyrtec</b>	10mg	tabs	
	<b>Zyrtec Liquid Gels</b>	10mg	liq-filled gels	
fexofenadine HCl	<b>Allegra</b>	60mg, 180mg	tabs	<b>Children:</b> Use Children's Allegra. <b>Adults:</b> 180mg once daily or 60mg twice daily. <i>Renal impairment:</i> Initially 60mg once daily.
	<b>Children's Allegra</b>	30mg	ODT <sup>4,5,6</sup>	
		30mg/5mL	susp <sup>5</sup>	
	<b>Children's Fexofenadine Tabs</b>	30mg	tabs	
levocetirizine dihydrochloride	<b>Children's Xyzal Allergy 24HR</b>	2.5mg/5mL	liq soln <sup>5</sup>	<b>Adults and Children: &lt;2yrs: not recommended.</b> 2–5yrs: max 1.25mg (2.5mL) once daily in the PM. 6–11yrs: max 2.5mg (5mL) once daily in the PM. ≥12yrs: 2.5–5mg (5–10mL) once daily in the PM based on symptom severity. Max: 5mg/day.
	<b>Xyzal Allergy 24HR</b>	5mg	tabs	

(continued)

# ORAL ALLERGY TREATMENTS: OTC (Part 2 of 2)

Generic	Brand	Strength	Form	Dose
<b>ANTIHISTAMINE (SECOND GENERATION H<sub>1</sub> ANTAGONIST) (continued)</b>				
loratadine	<b>Alavert ODT</b>	10mg	ODT <sup>4</sup>	<b>Adults and Children: &lt;6yrs: not recommended.</b> ≥6yrs: Dissolve on tongue; swallow with or without water. 10mg once daily.
	<b>Children's Claritin</b>	5mg	chew tabs	<b>Adults and Children: &lt;2yrs: not recommended.</b> 2–5yrs: 5mg once daily. ≥6yrs: 10mg once daily or 5 mg twice daily. <i>Hepatic or renal insufficiency:</i> See literature. <i>RediTabs:</i> Dissolve on tongue; swallow with or without water. <i>Liqui-Gels:</i> Swallow whole.
		1mg/mL	syrup <sup>1,2,3</sup>	
	<b>Claritin</b>	10mg	tabs	
	<b>Claritin Liqui-Gels</b>	10mg	liq-filled caps	
	<b>Claritin Reditabs 12-Hour</b>	5mg	ODT	
<b>Claritin Reditabs 24-Hour</b>	10mg	ODT		

<b>ANTIHISTAMINE + SYMPATHOMIMETIC</b>				
cetirizine HCl/ pseudoephedrine HCl	<b>Zyrtec-D 12 Hour</b>	5mg/120mg	ext-rel tabs	<b>Children: Not recommended.</b> <b>Adults:</b> Swallow whole. 1 tab twice daily. <i>Hepatic or renal impairment (CrCl &lt;31mL/min):</i> 1 tab once daily.
fexofenadine HCl/ pseudoephedrine HCl	<b>Allegra-D 12 Hour</b>	60mg/120mg	ext-rel tabs	<b>Children: Not recommended.</b> <b>Adults:</b> Swallow whole. Take on an empty stomach. 1 tab twice daily. <i>Renal impairment:</i> Initially 1 tab once daily.
	<b>Allegra-D 24 Hour</b>	180mg/ 240mg	ext-rel tabs	<b>Children: Not recommended.</b> <b>Adults:</b> Swallow whole. Take on an empty stomach. 1 tab once daily. <i>Renal insufficiency:</i> Not recommended.
loratadine/ pseudoephedrine sulfate	<b>Alavert D-12 Hour</b>	5mg/120mg	ext-rel tabs	<b>Children: Not recommended.</b> <b>Adults:</b> Swallow whole. 1 tab every 12hrs.
	<b>Claritin-D 12 Hour</b>	5mg/120mg	ext-rel tabs	<b>Children: Not recommended.</b> <b>Adults:</b> Swallow whole. 1 tab every 12hrs. <i>Renal insufficiency (CrCl &lt;30mL/min):</i> 1 tab once daily.
	<b>Claritin-D 24 Hour</b>	10mg/240mg	ext-rel tabs	<b>Children: Not recommended.</b> <b>Adults:</b> Swallow whole. 1 tab daily. <i>Renal insufficiency (CrCl &lt;30mL/min):</i> 1 tab every other day.

## NOTES

**Key:** ext-rel = extended-release; liq = liquid; ODT = orally disintegrating tablets; susp = suspension; sust-rel = sustained-release

<sup>1</sup>dye-free

<sup>2</sup>alcohol-free

<sup>3</sup>sugar-free

<sup>4</sup>contains phenylalanine

<sup>5</sup>contains sodium (see product monograph for sodium content)

<sup>6</sup>contains lactose

Not an inclusive list of medications and/or official indications.

Please see drug monograph at [www.eMPR.com](http://www.eMPR.com) and/or contact company for full drug labeling.