

ORAL ALLERGY TREATMENTS: OTC

Generic	Brand	Strength	Form	Dose
ANTIHISTAMINE (FIRST GENERATION H₁ ANTAGONIST)				
chlorpheniramine maleate	—	4mg	tabs	Children: <6yrs: not recommended. 6–11yrs: 2mg every 4–6hrs; max 12mg/24hrs. Adults: 4mg every 4–6hrs; max 24mg/24hrs.
clemastine fumarate	—	1.34mg	tabs	Children: <12yrs: not recommended. Adults: 1.34mg every 12hrs; max 2.68mg/day.
diphenhydramine HCl	Benadryl Allergy	25mg	tabs; liq-filled softgels ¹	Children: <6yrs: Individualize. 6–12yrs: 12.5–25mg every 4–6hrs; max 150mg/day. Adults: 25–50mg every 4–6hrs; max 300mg/day.
		12.5mg/5mL	liq ^{1,2,3,5}	
ANTIHISTAMINE (SECOND GENERATION H₁ ANTAGONIST)				
cetirizine	Children's Zyrtec Allergy Syrup	1mg/mL	syrup ^{1,3}	Adults and Children: Dissolve tabs. May take with or without water. For doses <5mg: Use syrup. <2yrs: not recommended. 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.
	Children's Zyrtec Dissolve Tabs	10mg	ODT	
	Zyrtec	10mg	tabs	
	Zyrtec Liquid Gels	10mg	liq-filled gels	
fexofenadine HCl	Allegra	60mg	tabs	Children: Use Children's Allegra. Adults: 180mg once daily or 60mg twice daily. <i>Renal impairment:</i> Initially 60mg once daily.
		180mg	tabs, gelcaps	
	Children's Allegra	30mg	ODT ^{4,5,6}	Adults and Children: <6yrs: not recommended. Take on an empty stomach. Place tab on tongue and allow to disintegrate with or without water. 6–11yrs: 1 tab every 12hrs; max 2 tabs/24hrs. ≥12yrs: 2 tabs every 12hrs; max 4 tabs/24hrs.
		30mg/5mL	susp ⁵	
	Children's Fexofenadine Tabs	30mg	tabs	Adults and Children: <6yrs: not recommended. 6–11yrs: 1 tab every 12hrs; max 2 tabs/24hrs. ≥12yrs: 2 tabs every 12hrs; max 4 tabs/24hrs.
levocetirizine dihydrochloride	Children's Xyzal Allergy 24HR	2.5mg/5mL	liq soln ⁵	Adults and Children: <2yrs: not recommended. 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.
	Xyzal Allergy 24HR	5mg	tabs	
loratadine	Alavert ODT	10mg	ODT ⁴	Adults and Children: <6yrs: not recommended. ≥6yrs: Dissolve on tongue; swallow with or without water. 10mg once daily.
	Children's Claritin	5mg	chew tabs ^{3,4}	Adults and Children: <2yrs: not recommended. 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 ^{1,2,3}	
	Claritin	10mg	tabs	
	Claritin Liqui-Gels	10mg	liq-filled caps	
	Claritin Reditabs 12-Hour	5mg	ODT	
Claritin Reditabs 24-Hour	10mg	ODT		
ANTIHISTAMINE + SYMPATHOMIMETIC				
cetirizine HCl/ pseudoephedrine HCl	Zyrtec-D 12 Hour	5mg/120mg	ext-rel tabs	Children: Not recommended. Adults: Swallow whole. 1 tab twice daily. <i>Hepatic or renal impairment (CrCl ≤31mL/min):</i> 1 tab once daily.
fexofenadine HCl/ pseudoephedrine HCl	Allegra-D 12 Hour	60mg/120mg	ext-rel tabs	Children: Not recommended. Adults: Swallow whole. Take on an empty stomach. 1 tab twice daily. <i>Renal impairment:</i> Initially 1 tab once daily.
	Allegra-D 24 Hour	180mg/240mg	ext-rel tabs	Children: Not recommended. Adults: Swallow whole. Take on an empty stomach. 1 tab once daily. <i>Renal insufficiency:</i> Not recommended.
loratadine/ pseudoephedrine sulfate	Alavert D-12 Hour	5mg/120mg	ext-rel tabs	Children: Not recommended. Adults: Swallow whole. 1 tab every 12hrs.
	Claritin-D 12 Hour	5mg/120mg	ext-rel tabs	Children: Not recommended. Adults: Swallow whole. 1 tab every 12hrs. <i>Renal insufficiency (CrCl <30mL/min):</i> 1 tab once daily.
	Claritin-D 24 Hour	10mg/240mg	ext-rel tabs	Children: Not recommended. Adults: Swallow whole. 1 tab daily. <i>Renal insufficiency (CrCl <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

¹dye-free ²alcohol-free ³sugar-free ⁴contains phenylalanine ⁵contains sodium (see product monograph for sodium content) ⁶contains lactose

Not an inclusive list of medications and/or official indications. Please see drug monograph at www.eMPR.com and/or contact company for full drug labeling.

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