

## What is most important to remember?

- Use diphenhydramine (Benadryl®) as directed by your doctor
- You may get this medicine without a prescription. However, you should not start any new medicine, over-the-counter drugs or herbal remedies without talking to your doctor
- Tell all doctors, dentists and pharmacists that you are using diphenhydramine (Benadryl®)
- Contact your doctor if your symptoms become worse or do not get better

### If you have questions:

Ask your doctor, nurse or pharmacist for more information about diphenhydramine (Benadryl®)

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### Diphenhydramine (Benadryl®): Important Patient Information



MEDICINE of THE HIGHEST ORDER



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### What does diphenhydramine (Benadryl®) do?

- It is an antihistamine. It is used to treat symptoms of “hay fever” and other allergies. Symptoms include sneezing, runny nose, itching, and watery eyes
- It is also used to treat hives; prevent and treat motion sickness; and treat difficulty falling or staying asleep

### How should diphenhydramine (Benadryl®) be used?

- Use this medicine exactly as directed by your doctor
- Many times this medicine is taken on an as-needed basis
- When used for the relief of “hay fever” allergies, or cold symptoms it is usually taken every 4 to 6 hours
- When used for motion sickness it is usually taken 30 minutes before travel, and if needed before meals and at bedtime
- When used for difficulty falling or staying asleep it is taken at bedtime (30 minutes before planned sleep)

### Who should know I am taking diphenhydramine (Benadryl®)?

- Keep a list of all your medicines (prescription, natural products, supplements, vitamins, over-the-counter) and give it to your healthcare provider (doctor, nurse, nurse practitioner, pharmacist, or physician assistant)

### Are there any interactions with other drugs that I need to worry about?

- It has many drug interactions that may increase your risk of side effects
- Do not start new prescriptions, over-the-counter medicines, or herbal and dietary supplements without telling your doctor

### What side effects could occur with diphenhydramine (Benadryl®)?

- Feeling lightheaded, sleepy, having blurred eyesight, or a change in thinking clearly
- Avoid driving or tasks that call for you to be alert or have clear eyesight until you see how the drug affects you
- Dry mouth
- Hard stools (constipation)

### What are some things that I need to be aware of when taking diphenhydramine (Benadryl®)?

- Tell your doctor if you are pregnant, plan to become pregnant, or are currently breastfeeding
- Talk to your doctor about the risks and benefits of this medicine if you are 65 years old or older
- Tell your doctor if you have taken or are currently taking other diphenhydramine products, other medicines for colds, hay fever, or allergies; medications for anxiety, depression, or seizures; muscle relaxants; narcotic medication for pain; sedatives, sleeping pills; and tranquilizers
- Talk with your doctor if you have any of the following conditions: blockage of your bowels, an enlarged prostate, glaucoma, heart disease, high blood pressure, thyroid disease, or trouble passing urine
- This medicine may make you drowsy. Do not drive a car or operate machinery until you know how this medicine affects you
- Avoid beer, wine, mixed drinks, or other drugs and natural products that slow your actions while taking this medicine

### What should I do if I forget to take diphenhydramine (Benadryl®)?

- Many times this drug is taken on an as-needed basis
- If it is almost time for your next dose, skip the missed dose and go back to your normal dose time
- Do not take 2 doses at the same time or extra doses

### If you have any of the following side effects, call your doctor or visit the emergency room immediately:

- Tightness in the chest or throat
- Trouble breathing or talking
- Very bad dizziness or passing out
- Swelling of face, lips, tongue or throat
- If you are unable to pass urine
- Feeling very weak or tired