

****Fexofenadine is a non-drowsy antihistamine used to treat seasonal allergies and chronic hives. It blocks histamine receptors without affecting the brain, making it less sedating than older antihistamines.****

🧪 Chemical Composition

- ****Active Ingredient:**** *Fexofenadine hydrochloride*
- ****Molecular Formula:**** $C_{32}H_{39}NO_4 \cdot HCl$
- ****Drug Class:**** Second-generation antihistamine (selective H1-receptor antagonist)
- ****Formulations:****
 - Tablets: 120 mg, 180 mg
 - Oral suspension: 30 mg/5 mL
 - Orally disintegrating tablets (ODT): 30 mg

💊 Dosage & Administration

- ****Route:**** Oral
- ****Typical Adult Dosage:****
 - *Seasonal allergic rhinitis:* 120 mg once daily
 - *Chronic urticaria (hives):* 180 mg once daily
- ****Pediatric Dosage:****
 - Children 6–11 years: 30 mg twice daily
 - Children 2–5 years: 15–30 mg twice daily (oral suspension)
- ****Administration Tips:****
 - Take with water (not fruit juice, which may reduce absorption)
 - Can be taken with or without food

🏥 Medical Uses

- ****Primary Indications:****
 - *Seasonal allergic rhinitis* (hay fever)
 - *Chronic idiopathic urticaria* (long-term hives)
- ****Mechanism of Action:****
 - Blocks peripheral H1 histamine receptors, reducing symptoms like sneezing, itching, and runny nose
 - Does not cross the blood-brain barrier significantly, minimizing sedation

⚠️ Side Effects

****Common:****

- Headache
- Drowsiness (less than older antihistamines)
- Nausea
- Dizziness

****Less Common but Serious:****

- Allergic reactions (rash, swelling, difficulty breathing)
- Muscle pain
- Fever
- Irregular heartbeat (rare)

⚠️ Risks & Precautions

- ****Contraindications:****
 - Known allergy to fexofenadine or any component
- ****Pregnancy & Breastfeeding:****
 - Generally considered safe; consult a healthcare provider
- ****Drug Interactions:****
 - Avoid taking with fruit juices (e.g., orange, grapefruit)
 - May interact with antacids containing aluminum or magnesium
- ****Special Caution:****
 - Use with care in patients with kidney disease

🗨️ Patient Feedback & Complaints

- ****Positive Feedback:****
 - Fast and effective relief from allergy symptoms
 - Minimal drowsiness compared to older antihistamines
 - Suitable for long-term use
- ****Common Complaints:****
 - Headache or mild dizziness
 - Reduced effectiveness when taken with fruit juice
 - Occasional dry mouth or fatigue
 - Some users report it's less effective for severe allergies

📄 Summary Table

Category	Details
Drug Name	Fexofenadine
Active Ingredient	Fexofenadine hydrochloride
Use	Allergic rhinitis, chronic hives
Dosage (children)	120-180 mg once daily (adults); 30 mg twice daily
Common Side Effects	Headache, nausea, dizziness, mild drowsiness

Serious Risks	Allergic reaction, irregular heartbeat, muscle pain
Patient Feedback	Effective, non-drowsy; mild headache, juice interaction
Contraindications	Allergy to fexofenadine, caution in kidney disease

Sources:

- [Drugs.com overview of Fexofenadine](<https://www.drugs.com/fexofenadine.html>)
- [Medicover Hospitals – Fexofenadine Hydrochloride](<https://www.medicoverhospitals.in/articles/fexofenadine-hydrochloride-tablets-uses>)
- [Practo – Fexofen 180 MG Tablet](<https://www.practo.com/medicine-info/fexofen-180-mg-tablet-17648>)
