











# Tips

*“Don’t rely on antihistamines as first line treatment in severe allergic reactions.”*

## ☐ Antihistamines

### ☐ Allegra/Fexofenadine

☐ Pro: 24 hour, non-sedating Con: slow onset, Pregnancy Class C (don’t use)

### ☐ Claritin / Loratadine

☐ Pro: 24 hour, non-sedating. Con: some patients say less effective

### ☐ Zyrtec/Cetirizine

☐ Pro: 24 hour, fast onset. Con: rarely sedating (20%)

### ☐ Benadryl/Diphenhydramine

☐ Pro: Very fast onset. Con: Very sedating, only lasts about 6 hours



# Med Ed Techniques

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