# Diphenhydramine

MEDICATION

## THE DRUG

Class: antihistamine

Blocks histamine at H1 receptors

Also acts on muscarinic receptors, inhibiting acetylcholine — which is why it works well for dystonic reactions

## USE IT FOR

- Allergic reactions
- Anaphylaxis
- Dystonic reactions due to phenothiazine administration

## DON'T GIVE / CAUTION

- Contraindications: asthma; nursing mothers
- Precaution: hypotension

**DOSE**

**Adult:** 50 mg IV/IO
**Peds:** Not stated on the page
**Repeat:** Not stated on the page

## WATCH FOR

- Sedation, headache, blurred vision, confusion, loss of coordination, stomach upset, palpitations, dried bronchial secretions

## PEARLS

- Onset fast; peak 1-3 hours; half-life 6-12 hours (per the page's pharmacokinetics panel)

**Take Home Message:**

Diphenhydramine 50 mg IV/IO blocks H1 histamine receptors for allergic and dystonic reactions.