

## Common Allergy Medications

Northwest Arkansas is a very common area to experience allergy symptoms. Allergy symptoms can be everything from itchy eyes, runny nose, stuffy nose, or cough to name a few.

For children 6 years and older, the following are over-the-counter options which are very useful:

**Cetirizine (Zyrtec)** **10ml or 1 (10mg) adult tablet** **daily typically in the morning**

For allergy, runny nose, and cough. This is a longer-lasting antihistamine which can also prevent progressive symptoms when taken on a daily basis.

*(alternative to Zyrtec)*

**Fexofenadine (Allegra) 30ml/5ml** **5ml twice daily** **for ages 6 – 12 years old**

For 12 years old and older **60mg tablet twice daily** *or* **180mg tablet once daily**

**Diphenhydramine (Benadryl)** **10ml or 1 (25mg) adult tablet** **every 6-8 hours typically at night**

For allergy and allergic reactions, runny nose, cough but with typically more sleepiness or sedation (although ~5% may have hyper or "paradoxical" reaction). This medication is preferred for more severe allergy reaction or itching (hives, bee or insect sting).

\*\*\*\*\*CAUTION if used with other antihistamines or sedating medications as will intensify sleepiness effects.

**Fluticasone (Flonase/Sensimist) / Budesonide (Rhinocort)** **1 spray each nostril twice daily**

For excessive nasal symptoms, you may consider a nasal steroid allergy spray of which there are many manufacturers. Sam's club has a Member's Mark version of fluticasone that is particularly most cost effective.

**Ketotifen (Zaditor)-** **1 drop twice daily in each eye** **as needed**

Antihistamine for the eye that treats itchiness caused by allergies.