Classification
Antihistamine

Prehospital Indications
- Allergic Reaction: itching and/or hives
- Dystonic Reaction

Other Common Indications
- Over-the-counter sleep aid, prevention or treatment of motion sickness, nausea and vomiting
- Mild Parkinson’s disease
- Prevention of extrapyramidal symptoms in patients on antipsychotic medications

Adult Dose
50mg slow IV push or 50mg IM

Pediatric Dose
1mg/kg slow IV push one time, dose per MCG 1309, if unable to obtain venous access 1mg/kg deep IM, dose per MCG 1309

Mechanism of Action
Histamine H1- receptor antagonist of effector cells in respiratory tract, blood vessels, and GI smooth muscle. Possesses anticholinergic properties, resulting in antidyskinetic properties.

Pharmacokinetics
Onset is 15-30 min, duration is < 10 min

Contraindications
Acute asthma attack

Interactions
Increase central nervous system depression when used with alcohol and other central nervous system depressants, or MAO inhibitors

Adverse Effects
- Confusion
- Drowsiness
- Mild hypotension
- Palpitation
- Paradoxic excitation in children
- Tachycardia
- Wheezing

Prehospital Considerations
- Administer injection deep IM into a large muscle group (lateral thigh, gluteus).
- Diphenhydramine (Benadryl) does not treat anaphylaxis/airway edema; if signs of anaphylaxis present, administer epinephrine IM
- Use with caution in elderly as they have increased adverse effects such as confusion, drowsiness
- Use with caution on all patients with a history of asthma.
- May cause paradoxic agitation in pediatric patients.