Diphenhydramine
(Benadryl)

McHenry Western Lake County
EMS
Objectives

• During this session we will discuss:
• Class
• Actions
• Indications
• Contraindications
• Dosing/Routes
• How supplied
• Precautions
• Side effects
Class:

- Antihistamine
- $H_1$ receptor antagonist
H₁ receptor antagonist

• Drugs that selectively bind to but do not activate histamine H₁ receptors, thereby blocking the actions of endogenous histamine.
Actions:

- H1 Histamine blocker
- Decreases allergic response by blocking histamine
  - Central nervous system depressant
  - Anticholinergic
  - Blocks effects of histamine including
    - vasodilation
    - increased GI tract secretions
    - increased heart rate
    - hypotension
  - Relieves symptoms associated with allergic reactions
Indications:

- Allergic reactions/anaphylaxis
- Per Medical Control: Dystonic reactions due to phenothiazines - (Cymbalta) Antidepressant
Acute dystonic reaction

• An acute dystonic reaction consists of sustained, often painful muscular spasms, producing twisting abnormal postures.
Dosing/Routes:

• 25-50 mg deep IM or slow IVP

• Peds: 1mg/kg (max 50mg) slow IVP/IO over 2-3 minutes; if no IV/IO give IM.
How supplied:

- 50mg in 2 ml preload
Contraindications:

• Use with caution on:
  • Alcohol intoxication
  • Drug intoxication
  • Asthma
  • Nursing mothers
Precautions:

- Renal Disease
- Cardiac Disease
- Hypertension
- Seizures
Side effects/adverse reactions:

- CNS: Dizziness, drowsiness, blurred vision, ataxia (poor gate)
- EENT: Dry mouth, thickened bronchial secretions.
- Increased pulse
- Decreased B/P

Ref: MWLCEMS Protocol and 2000 Mosby’s Nursing Drug Reference Book
Case Study

• You are called to a Wedding Reception where a 24 y/o female is having an allergic reaction to the Salad Dressing she has eaten.
• She is able to tell you that she has an allergy to shell fish, but did not realize that the dressing may contain that.
• She is in moderate distress and has given herself her Epi Pen.
Case Study

- She still has wheezing, with some dyspnea, coughing and very flushed skin.
- The correct dose of Benadryl would be?
Answer

- 50mg IVP
- If no IV, give IM
Question?

- What other medication would be given if the patient continues to have wheezing in all fields.
Answer

- Albuterol 2.5 mg and Atrovent 0.5 mg via HHN or Mask.