

DIPHENHYDRAMINE

WHAT IS DIPHENHYDRAMINE (Benadryl®)

Diphenhydramine is an antihistamine used to relieve symptoms of allergy, hay fever, and the common cold. It can also be used for nausea, vomiting and dizziness associated with motion sickness. Diphenhydramine works by blocking histamine, a substance that is naturally made in your body and released in response to an allergen (i.e. pollen, bee sting, peanuts).

DIPHENHYDRAMINE AS A SLEEP AID

The American Academy of Sleep Medicine does not recommend use of diphenhydramine for sleep-onset or sleep-maintenance insomnia due to lack of clinically significant improvements. However, if nonmedical methods of treating sleep disorders have failed (i.e. having a regular sleep schedule, avoiding caffeine, regularly exercising), diphenhydramine may be used as a short-term alternative to help you sleep. As a side effect, diphenhydramine can make you feel drowsy and may be used to help you relax and fall asleep. Your healthcare professional may assess whether diphenhydramine is appropriate for you.



SIDE EFFECTS OF DIPHENHYDRAMINE

Common side effects include:

- drowsiness
- dizziness
- constipation
- stomach upset
- blurred vision
- dry mouth/nose/throat

Tell your doctor if these symptoms persist or worsen.

