**fexofenadine hydrochloride**

**Allegra**

**Pharmacologic class:** Peripherally selective piperidine, selective histamine$_1$-receptor antagonist

**Therapeutic class:** Antihistamine (nonsedating type), second-generation

**Pregnancy risk category C**

**Action**
Blocks effects of histamine at peripheral histamine$_1$-receptor sites, decreasing allergic effects

**Availability**
- **Capsules:** 60 mg
- **Tablets:** 30 mg, 60 mg, 180 mg

**Indications and dosages**
- > Seasonal allergic rhinitis, management of chronic idiopathic urticaria

  **Adults and children older than age 12:** 60 mg P.O. b.i.d or 180 mg once daily

  **Children ages 6 to 11:** 30 mg P.O. b.i.d.

**Dosage adjustment**
- Renal impairment

**Contraindications**
- Hypersensitivity to fexofenadine, terfenadine, or their components

**Administration**
- Don’t give with apple, orange, or grapefruit juice.
- Don’t give antacids within 2 hours of fexofenadine.

**Adverse reactions**
- **CNS:** drowsiness, fatigue, headache
- **EENT:** otitis media
- **GI:** nausea, dyspepsia

<table>
<thead>
<tr>
<th>Route</th>
<th>Onset</th>
<th>Peak</th>
<th>Duration</th>
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<td>P.O.</td>
<td>Within 1 hr</td>
<td>2-3 hr</td>
<td>12-24 hr</td>
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**Metabolic:** dysmenorrhea

**Respiratory:** upper respiratory tract infection

**Other:** viral infection

**Interactions**
- **Drug-drug.** *Antacids containing aluminum and magnesium:* decreased absorption and efficacy of fexofenadine
- **Drug-diagnostic tests.** *Skin allergy tests:* false-negative results
- **Drug-food.** *Apple, orange, and grapefruit juice:* decreased absorption and efficacy of fexofenadine

**Precautions**
Use cautiously in:
- renal impairment
- concurrent ketoconazole or erythromycin therapy
- elderly patients
- pregnant or breastfeeding patients
- children younger than age 12 (safety not established).

**Patient monitoring**
- Monitor renal function.
- Watch for signs and symptoms of viral infection.

**Patient teaching**
- Teach patient to stop drug 4 days before diagnostic skin tests to avoid interference with test results.
- Advise patient to report signs or symptoms of viral infection, especially upper respiratory tract infection.
- Instruct patient to avoid driving and other hazardous activities until he knows how drug affects concentration and alertness.
- As appropriate, review all other significant adverse reactions and interactions, especially those related to the drugs, tests, and foods mentioned above.

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Canada

Clinical alert

Reactions in bold are life-threatening