

# Allegra

**Allegra** - Allegra is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.

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## Drug name

Allegra (Fexofenadine)

## Drug Uses

Allegra is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.

## How Taken

For seasonal allergies the recommended dose for adults and children 12 years or older is 60 mg twice daily or 180 mg once daily. Children 6-11 years of age should be given 30 mg twice daily. For chronic urticaria, adults and children 12 years or older should use 60 mg twice daily, and children 6-11 years of age should use 30 mg twice daily. Fexofenadine can be taken with or without food.

## Drug Class and Mechanism

Fexofenadine is an oral, *second generation* antihistamine that is used to treat the signs and symptoms of allergy that are due to histamine. It is similar to the other second generation antihistamines loratadine (Claritin), cetirizine (Zyrtec) and azelastine (Astelin). Histamine is a chemical that is responsible for many of the signs and symptoms of allergic reactions, for example, swelling of the lining of the nose, sneezing, and itchy eyes. Histamine is released from histamine-storing cells (mast cells) and then attaches to other cells that have receptors for histamine. The attachment of the histamine to the receptors causes the cell to be *activated*, releasing other chemicals that produce the effects that we associate with allergy, e.g., sneezing. Fexofenadine blocks one type of receptor for histamine (the H1 receptor) and thus prevents activation of H1 receptor-containing cells by histamine. Unlike the first generation antihistamines, fexofenadine and other second-generation antihistamines do not readily enter the brain from the blood, and, therefore, they cause less drowsiness. Fexofenadine was approved by the FDA in July, 1995.

## Missed Dose

Take the missed dose as soon as you remember. However, if it is almost time for the next dose, skip the missed dose and take only the next regularly scheduled dose. Do not take a double dose of this medication.

## Storage

Store Allegra capsules and tablets at controlled room temperature 20-25C (68-77F). Foil-backed blister packs containing Allegra capsules and all tablet packaging should be protected from excessive moisture.

## Warnings Precautions

Do not take Allegra if you have ever had an allergic reaction to it. Before taking this medication, tell your doctor if you have any serious illness such as heart, kidney, or liver disease. You may require a dosage adjustment or special monitoring during treatment if you have other illnesses. Allegra is in the FDA pregnancy category C. This means that it is not known whether Allegra will harm an unborn baby. Do not take this medication without first talking to your doctor if you are pregnant. It is also not known whether Allegra passes into breast milk. Do not take Allegra without first talking to your doctor if you are breast-feeding a baby. Allegra is not approved for use by children younger than 6 years of age.

## Possible Side Effects

Stop taking Allegra and seek emergency medical attention if you experience an allergic reaction (difficulty breathing; closing of the throat; swelling of the lips, tongue, or face; or hives). Allergic reactions occur only rarely, and other serious side effects are not likely to occur. Some less serious side effects may be more likely to occur. Continue to take Allegra and talk to your doctor if you experience nausea or an upset stomach. Side effects other than those listed here may also occur. Talk to your doctor about any side effect that seems unusual or that is especially bothersome.

## More Information

Stop taking fexofenadine and seek emergency medical attention if you experience an allergic reaction (difficulty breathing; closing of the throat; swelling of the lips, tongue, or face; or hives). Allergic reactions occur only rarely, and other serious side effects are not likely to occur. Some less serious side effects may be more likely to occur. Continue to take fexofenadine and talk to your doctor if you experience nausea or an upset stomach. Side effects other than those listed here may also occur. Talk to your doctor about any side effect that seems unusual or that is especially bothersome.

## Site:

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