



Allergic Rhinitis Oral Antihistamines

Medication	FDA Indications (seasonal, perennial)	Contraindications	Approved Ages	Common Side Effects	Dosing	OTC or Prescription
Cetirizine (Zyrtec)	both	Hypersensitivity to cetirizine, levocetirizine or hydroxyzine	6 months and older	Occasional sedation, mucosal dryness, urinary retention	age 2 to 5: 2.5 mg q.d. to b.i.d. age 6 to 12: 5 to 10 mg q.d. age 12 to 65: 10mg q.d. age 66 to 76: 5 to 10 mg q.d. age 77 and older: 5mg q.d.	OTC
Levocetirizine (Xyzal)	both	Hypersensitivity to levocetirizine, cetirizine or hydroxyzine.	6 months and older	Occasional sedation, mucosal dryness, urinary retention	age 12 and older, 2.5 to 5.0mg q.d. age 6 to 11 , 2.5 mg q.d. age 2-5, 1.25 mg q.d.	Prescription
Fexofenadine (Allegra)	seasonal	Hypersensitivity to fexofenadine	2 years and older	Occasional headache	age 12 and older, 60mg b.i.d or 180mg q.d. age 2 to 11, 30 mg b.i.d.	OTC
Loratadine (Claritin, Alavert)	both	Hypersensitivity to loratadine or desloratadine	2 years and older	Possible sedation with higher than usual doses	age 6 and older, 10 mg q.d. age 2 to 5, 5mg q.d.	OTC
Desloratadine (Clarinex)	both	Hypersensitivity to desloratadine or loratadine	6 months and older	Possible sedation with higher than usual doses	age 12 and older, 5mg q.d. age 6 to 11, 2.5 mg q.d. age 2 to 5, 1.25 mg q.d.	Prescription

Table 10 Allergic Rhinitis Oral Antihistamines from Clinical Practice Guideline: Allergic Rhinitis

SOURCE: Seidman, MD, Gurgel, RK, Lin, SY, et al. Clinical Practice Guideline: Allergic Rhinitis. *Otolaryngol Head Neck Surg.* 2015; 152(1S):S1-S43

About the AAO-HNS

The American Academy of Otolaryngology—Head and Neck Surgery (www.entnet.org), one of the oldest medical associations in the nation, represents about 12,000 physicians and allied health professionals who specialize in the diagnosis and treatment of disorders of the ears, nose, throat, and related structures of the head and neck. The Academy serves its members by facilitating the advancement of the science and art of medicine related to otolaryngology and by representing the specialty in governmental and socioeconomic issues. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and lifelong learning. The organization's vision: "Empowering otolaryngologist-head and neck surgeons to deliver the best patient care."