

Department of Nephrology/Pharmacy

Antihistamine tablets (sedating)

Examples

The following are some examples of brand names of sedating antihistamine tablets:

- Chlorphenamine (Piriton®)
- Hydroxyzine (Atarax®)

What are antihistamine tablets and what do they do?

Antihistamine tablets work to reduce itching which many people with kidney diseases find to be a problem, especially at night when they are trying to get to sleep.

Antihistamine tablets such as chlorphenamine are known as sedating antihistamines as they not only reduce itching but also make people drowsy which can be beneficial if the itching is leading to a loss of sleep.

How do I take my antihistamine tablet?

Chlorphenamine tablets (4mg) can be taken up to four times daily. Hydroxyzine tablets can also be taken up to four times daily.

Both tablets should be taken when needed but not exceeding the dose stated on the label.

Both chlorphenamine and hydroxyzine can cause drowsiness and so often patients find taking a dose at bedtime is beneficial if itching is a problem overnight and disturbs their sleep.

Are there any side effects?

The main adverse effects seen with antihistamine tablets include:

- Drowsiness
- Dry mouth
- Blurred vision

These side effects should be mild but if you have any concerns about these or any other side effects please contact your doctor or specialist nurse for advice.

If you are affected with drowsiness when taking these tablets you should avoid driving or operating heavy machinery.

Are there any problems taking antihistamine tablets with any other medications?

Antihistamine tablets such as chlorphenamine and hydroxyzine can make the effects of alcohol stronger (such as you may feel more sleepy than usual) and so you may feel drowsy if you drink alcohol when taking these tablets.

Other tablets which cause you to become sleepy such as sleeping tablets and some antidepressant tablets may also enhance the sedative effect of the antihistamine making you more drowsy than normal.

Only take tablets prescribed for you by your doctor and check with your pharmacist before taking any new medicines.

Further information

Further information about your tablet can be found in the patient information leaflet found in the tablet/capsule box or on the container.

If you have any other questions about your medication, please contact the medicines helpline on 01223 217502.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

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