

Diphenhydramine (Benadryl)

Effective: 11/01/2022

Supersedes:
N/A**Approved Provider:** AEMT | Paramedic**Referenced Protocols:** [Anaphylaxis and Allergic Reaction](#)**DOSING AND ADMINISTRATION****ADULT**

- 1.0-2.0 mg/kg IV, IO, IM

MAX: 50mg**PEDIATRIC (Refer to Handtevy)**

- 1.0-2.0 mg/kg IV, IO, IM

MAX: 50mg**Pharmacology and Actions:**

- An antihistamine which competitively blocks H-1 histamine receptors. Histamine can cause bronchoconstriction, vasodilatation, and capillary leak. It also has some anticholinergic (atropine-like) effects as well as direct CNS depressant effects

Indications:

- Anaphylaxis
- Anaphylaxis with respiratory distress
- Anaphylactic shock
- Antidote for extrapyramidal reactions in phenothiazines and PCP

Contraindications:

- None

Precautions:

- In anaphylaxis, oxygen, epinephrine, fluids and Albuterol should be utilized prior to administration
- Due to anticholinergic effects, use with caution in patients with glaucoma, prostatism or peptic ulcer disease.

Administration:

- Acceptable routes of administration include IV, IO and IM

Side Effects:

- CNS depression
- Hypotension
- Thickening of bronchial secretions, tightness of chest and wheezing