

Diphenhydramine (Benadryl)

Formulary

Douglas County Kansas EMS System

November 2022

Approved Provider: AEMT, Paramedic

Referenced Protocols: [Anaphylaxis and Allergic Reaction](#)

Dosing and Administration	
<u>ADULT Medications:</u> <ul style="list-style-type: none">1.0-2.0 mg/kg IV, IO, IM (Max 50mg)	<u>PEDIATRIC Medications:</u> Refer to HandTevy <ul style="list-style-type: none">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