

Diphenhydramine HCl

【OVENA】 Benamine® 50mg/Cap

ATC Code : R06AA02

中文名：去敏膠囊 50 毫克 «榮民製藥»

適應症：緩解過敏性鼻炎、枯草熱所引起之相關症狀（流鼻水、打噴嚏、眼睛及喉部搔癢）及過敏所引起之搔癢、皮膚癢疹。

藥理分類：Histamine H₁ Antagonist, First Generation; Ethanolamine Derivative.

用法用量：**Administration:** Oral,

- When used to prevent motion sickness, first dose should be given 30 minutes prior to exposure.
- When used for occasional insomnia, dose should be given 30 minutes before bedtime.

Indications and dosage regimen:

— Allergic Rhinitis & the Common Cold

Adults & Children \geq 12 yr: 25-50mg Q4-6h

Children: 2-5 yr, 6.25 mg Q4-6h; 6-11yr, 12.5-25 mg Q4-6h

MAX 300 mg/day

— Motion Sickness

Adults & Children \geq 12 yr:

25-50 mg 30 mins before exposure to motion and then every 4-6 hrs (before meals and at bedtime) for duration of exposure.

MAX 400 mg/day

Children:

2-5 yr, 6.25 mg; 6-11 yr, 12.5-25 mg 30-60 mins before travel and every 4-6 hrs during travel.

— Insomnia

Adults: 50 mg HS;

Child 2-11 yr: 1 mg/kg, 30 mins before retiring, do not exceed 50 mg (Use not recommended for 7-10 nights)

— Parkinsonian Syndrome

Adults: Initially, 25 mg TID. If necessary, gradually increase dosage to 50 mg QID.

MAX 400 mg/day

禁忌：新生兒、嬰兒及授乳婦女禁用本劑。

不良反應：嗜睡、頭痛、口鼻或喉嚨乾燥、胃腸不適、排尿困難、心跳加速，緊張不安。

注意事項：1.空腹或與食物併服用均可。預防暈車、暈船、暈機，於搭乘前 30~60 分鐘服用。

2.服用本藥期間，勿併服含酒精飲料。

3.服用此藥後，勿駕車或操作危險器械。

4.有呼吸道疾病、青光眼、因前列腺肥大引起排尿困難患者及曾有心機能障礙、高血壓、糖尿病、甲狀腺機能亢進、腎機能障礙症狀，須謹慎使用。

懷 孕 期：1.Diphenhydramine crosses the placenta (*Miller 2000; Parkin 1974*).

2.In general, the use of first generation antihistamines immediately before parturition

may cause respiratory depression in the newborn (*Zuberbier 2014*).

3. Diphenhydramine may be used for the treatment of allergic conditions in pregnant women when a first generation antihistamine is indicated (*Babalola 2013; Murase 2014; Zuberbier 2014*).

4. Diphenhydramine may be used as adjunctive therapy in the management of nausea and vomiting of pregnancy when the preferred agents do not provide initial symptom improvement (*ACOG 189 2018*).

授乳期：

1. 禁用本品，或使用本品時停止授乳。

2. Diphenhydramine is present in breast milk (*Rindi 1951*). Breastfeeding is **contraindicated** by the manufacturer.

3. In general, if a breastfed infant is exposed to a first generation antihistamine via breast milk, they should be monitored for irritability or drowsiness (*Butler 2014*). When treatment with an antihistamine is needed in breastfeeding women, second generation antihistamines are preferred (*Butler 2014; Powell 2015; Zuberbier 2014*).