

56:22.08 Antihistamines

Dimenhydrinate

【ODIME】Dimenhydrinate® 50mg/Tab

ATC Code : R06AA02

中文名：達姆明錠 《強生》

適應症：預防或緩解動暈症（暈車、暈船、暈機）引起之頭暈、噁心、嘔吐、頭痛等症狀。

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

用法用量： **Administration:** orally, with or without food.

Dosage regimen:

Motion Sickness

For prevention, take 30-60 minutes before exposure to motion.

— Adults and children >12 yrs:

Usually 50 mg every 6 hrs, not to exceed 200 mg in 24 hrs, or as directed by a clinician. (*manufacturer labeling*)

50 to 100 mg every 4 to 6 hours, maximum: 400 mg/day. (*UpToDate, 2020*)

— Children 6-12 yrs:

25mg every 6 hrs. (*manufacturer labeling*)

Children ≥2 to <6 years: 12.5 to 25 mg every 6 to 8 hours; maximum daily dose: 75 mg/24 hours (*UpToDate, 2020*)

Children ≥6 years to <12 years: Oral: 25 to 50 mg every 6 to 8 hours; maximum daily dose: 150 mg/24 hours (*UpToDate, 2020*)

不良反應：嗜睡、倦怠感、口乾等。

注意事項：1.空腹或與食物一起服用。預防暈車、暈船、暈機時，於搭乘前 30~60 分鐘服用。
2.勿併服含酒精飲料。
3.服用本藥期間，請勿駕車或操作危險器械。

懷 孕 期：1.Dimenhydrinate crosses the placenta.
2.The risk of fetal abnormalities was not increased following maternal use of dimenhydrinate during any trimester of pregnancy.
3.Dimenhydrinate may be used for the adjunctive treatment of nausea and vomiting of pregnancy (*ACOG 189 2018; Campbell 2016*).

授 乳 期：1. Dimenhydrinate 會分泌至母乳中。使用前須謹慎評估，小心使用。
2. When treatment with an antihistamine is needed in a patient who is breastfeeding a child, second generation antihistamines are preferred (*Butler 2014; Powell 2015; Zuberbier 2014*).