

Antihistamine doses

Adults

Drug	Licensed dose in adults	Suggest max off-label dose in adults	GMMMG status	Comments
Cetirizine	10mg od	20mg bd	1 st line	Occasional drowsiness when increase dose.
Loratadine	10mg od	20mg bd	2 nd line	Rarely causes drowsiness but may be less effective than cetirizine. Use with caution if prolonged QT interval.
Fexofenadine	180mg od	180mg qds	Non-formulary	Use with caution in patients with known prolonged QT interval.
Rupatadine (4 th line)	10mg od	20mg bd	Non-formulary	Following specialist recommendation. May cause drowsiness as per cetirizine.

First-line antihistamines for children

Drug	<1 year	1-2 years	2-5 years	6 - 11 years		12 – 17 years
Chlorphenamine 2mg/5ml liquid	1mg bd	X	X	X		X
Cetirizine 5mg/ 5ml liquid 10mg tablets	X	Off-label dose: 250micrograms / kg bd	2.5mg bd	5mg bd*		10mg od*
Desloratadine 2.5mg/5ml liquid 5mg tablets	X	1.25mg od	1.25mg od	2.5mg od		5mg od
Loratadine 5mg/5ml liquid 10mg tablets	X	X	<31kg 5mg od	<31kg 5mg od	>31kg 10mg od	10mg od
Fexofenadine 30mg / 120mg / 180mg tablets	X	X	X	Unlicensed: 30mg bd		180mg od