

Diphenhydramine (Benadryl®)

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ Date _____

Initial Medication Instructions _____

What does this medication help to treat?

- Insomnia
- Muscle side effects (stiffness, shakiness, restlessness) caused by antipsychotic medications called Extrapiramidal Symptoms or EPS

- Prevention of muscle side effects when on medications like antipsychotics and some mood stabilizers

Diphenhydramine is sometimes prescribed for other uses; ask your prescriber for more information.

Other Information

- The effects of diphenhydramine usually occur within 15 minutes-1 hour of taking the medication.
- Tolerance to sleep-inducing effects usually occurs after a few days to one week of continued use.

Side Effects and Management

Unspecified Frequency

Drowsiness	Take at bedtime.
Headache	You may take an over-the-counter pain reliever.
Dizziness, lightheadedness	Get up slowly, and dangle your feet when rising from a chair, talk to your prescriber.
Nausea, upset stomach	May take with food. Talk to your prescriber if it persists.
Constipation	Drink plenty of water and increase fiber in your diet. Consult with your prescriber for other treatments.
Dry Mouth	Suck on sugarless gum or candy or melt bits of ice in your mouth. Call your prescriber if your mouth feels dry for more than 2 weeks.
Difficulty urinating, urinary retention	Talk to your prescriber.
Nervousness, excitability, insomnia	Talk to your prescriber.
Burn easily in the sun	Wear sunscreen during the day and wear protective clothing and sunglasses when exposed to the sun.
Blurred vision, tremors, nasal stuffiness, ringing in the ear(s), diarrhea	Talk to your prescriber.

References: Clinical Pharmacology, LexiComp 2011

Note: This information is not intended to cover all possible uses, precautions, interactions or adverse effects for this medication. If you have further questions about the medications you are taking check with your health care professional.