

DIPHENHYDRAMINE (Benadryl)

PUBLIC COMMENT JULY 2026

ACTION (Antihistamine)

- Antagonizes effects of histamine blocking the effects of histamine release including vasodilation, increased vascular permeability, bronchoconstriction and pruritis. ~~in allergy.~~
- ~~Decreases itching, edema, bronchoconstriction, and vasodilation.~~
- Antagonizes acetylcholine receptors, helping with nausea and resulting in resolution of treating dystonia associated with caused by antipsychotic medications (e.g. droperidol).

INDICATIONS

- Allergic Reaction & anaphylaxis
- Extrapyramidal symptoms including antipsychotic-induced dystonia
- Nausea

CONTRAINDICATIONS

- Known hypersensitivity to diphenhydramine

PRECAUTIONS

- Nursing/lactating patients ~~Relative contraindication in pregnant or lactating females~~
- Elderly patients are at higher risk for adverse effects including excessive sedation

POTENTIAL SIDE EFFECTS

- Drowsiness and sedation
- Hypotension
- Palpitations
- ~~Potentiation of other CNS depressants~~
- Tachycardia
- Headache or blurred vision
- Anticholinergic effects

ADULT DOSE/ROUTE

→ 25 – 50 mg IVP/IO/IM

PEDIATRIC DOSE/ROUTE (e.g. before signs of puberty, ≤ 14 years of age, ≤ 40kg)

→ 1 mg/kg IVP/IO/IM (max dose 25 mg)

NOTES

- In anaphylaxis, do NOT delay administration of epinephrine; administer diphenhydramine after epinephrine

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INDICATION	ADULT	PEDIATRIC
1. Anaphylaxis	25—50 mg IVP/IO/IM	1 mg/kg IVP/IO/IM up to 25
2. Other allergic reaction	IM preferred if perfusing well.	mg
3. Extrapyrarnidal symptoms, including antipsychotic-induced dystonia	IV preferred if anaphylaxis or other severe allergic reaction.	IM preferred if perfusing well. IV preferred if anaphylaxis or other severe allergic reaction.

DRAFT