## **Benadryl**

Benadryl, also known as Diphenhydramine, is an antihistamine. It blocks histamines and acetylcholine, which are substances your body creates when you have an allergic reaction or have certain illnesses. By blocking these substances, Benadryl can help reduce some symptoms. Diphenhydramine is available in many formats, including IV therapy, pills, and sprays.

**Reduce Common Cold and Allergy Symptoms**

Benadryl is often used to reduce symptoms of hay fever, colds, and allergies. It has been used to reduce common symptoms of these conditions, including itchy eyes, rash, cough, runny nose, itchy nose, watery eyes, itchy throat, and sneezing.

Diphenhydramine can block histamines to stop itchiness and rashes and can also block acetylcholine, which your body also makes and which can lead to watery eyes and a runny nose.

**Reduce Motion Sickness**

Benadryl has also commonly been used to treat dizziness, nausea, and vomiting associated with motion sickness. Antihistamines are used by travelers to prevent motion sickness.

**Sleep Aid**

Benadryl can make you sleepy and is sometimes suggested as a way to help people relax and fall asleep. Histamines can keep you aware, which is why a histamine blocker like Benadryl can help promote drowsiness.

**Concentration:** 50mg/mL

**Route of Administration:** IV or intramuscular

**Side Effects**

* Drowsiness
* Dizziness
* Headache
* Irritability
* Stomach upset
* Blurred vision
* Decreased coordination
* Constipation
* Dry mouth/nose/throat may occur.