

iMedix: Your Personal Health Advisor.

Allegra 180 mg

Allegra (Fexofenadine) is a widely used antihistamine designed to treat symptoms of seasonal allergies like a runny nose, watery eyes, itchy throat, and sneezing. This non-drowsy allergy medication works by blocking histamine, a substance produced by the body during allergic reactions, offering relief from discomfort.

- **ActiveIngredient:** Fexofenadine Hydrochloride
 - **DosageForm:** Tablets
 - **Dosage:** 180 mg
 - **Indications:** Treatment of allergies and chronic hives
 - **Manufacturer:** Sanofi-Aventis
 - **Storage:** Store at room temperature (15°C-30°C) in a dry place away from light and moisture.
 - **Market Price:**
 - **Drug Status:** Over-the-Counter
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Description

What is Allegra 180 mg? Allegra 180 mg is a powerful antihistamine designed to relieve common allergy symptoms, such as sneezing, itchy or watery eyes, and runny nose. It contains the active ingredient fexofenadine, which works by blocking histamine, a substance in the body responsible for allergic reactions. Allegra 180 mg provides non-drowsy relief from symptoms of hay fever and skin reactions like hives. It is commonly used for both seasonal allergies and chronic conditions, making it a reliable choice for managing allergies. Allegra 180 mg is typically recommended for adults and children over the age of 12, providing long-lasting relief with a once-daily dose. Always follow the guidance of a healthcare provider when using this medication.

General Instructions

When taking Allegra 180 mg, it's important to follow your doctor's or pharmacist's instructions carefully. If you are using an over-the-counter version of this medication, make sure to read the product label thoroughly before use. **How to Take:** Allegra 180 mg should be taken once daily, typically with water. Avoid taking it with fruit juices like apple, grapefruit, or orange, as they can reduce the effectiveness of the medication. **With or Without Food:** You can take this medication with or without food, but consistency is key to getting the most out of its benefits. **Timing:** It is best to take Allegra at the same time each day to maintain a consistent level of the medication in your body. **Missed Dose:** If you miss a dose, take it as soon as you remember. However, if it's almost time for your next dose, skip the missed dose and continue with your regular schedule. Do not double your dose. **Avoid Antacids:** Do not take antacids containing aluminum or magnesium within 2 hours of taking Allegra 180 mg, as they can decrease absorption.

Side Effects

While Allegra 180 mg is generally well-tolerated, like all medications, it may cause some side effects. Common side effects include: Mild symptoms: Some people may experience headache, nausea, or

drowsiness. These are typically mild and go away as your body adjusts to the medication. Serious reactions: In rare cases, Allegra can cause more serious allergic reactions such as a rash, itching, swelling (especially of the face, tongue, or throat), severe dizziness, or trouble breathing. If you experience any of these symptoms, seek medical help immediately.

Uses

Allegra 180 mg (Fexofenadine) is an antihistamine commonly used to alleviate symptoms associated with seasonal allergies. It helps relieve: Runny nose Watery or itchy eyes Sneezing Itchy throat or nose Hives and itching caused by chronic idiopathic urticaria This medication works by blocking the action of histamine, a natural substance your body produces during an allergic reaction. Allegra 180 mg provides relief without causing drowsiness in most individuals, making it suitable for daytime use. If your condition does not improve after a few days of use, consult your doctor for further guidance.

Safety advice

Interactions Alcohol:

- Use with caution
- Drinking alcohol is generally safe with Allegra, but it may increase drowsiness in some individuals.

Interactions Other Medications:

- Consult your doctor
- Certain medications may interact with Allegra. Consult your doctor before taking new medications, especially antacids containing aluminum or magnesium.

Special Groups Pregnancy:

- Consult your doctor
- Allegra should only be used during pregnancy if clearly needed. Consult your doctor to assess the benefits and risks.

Special Groups Breastfeeding:

- Use with caution
- Allegra is generally considered safe during breastfeeding, but consult your doctor before use, as it may pass into breast milk.

Special Groups Elderly:

- Safe if prescribed
- Elderly individuals can use Allegra, but it's best to consult a doctor for appropriate dosing and monitoring.

Special Groups Children:

- Safe if prescribed
- Allegra 180 mg is approved for use in children aged 12 and older. Not recommended for younger children.

Effects on Activities Driving:

- Use with caution
- Allegra may cause drowsiness in some individuals. Exercise caution when driving or performing tasks that require full alertness.

Effects on Activities Operating Machinery:

- Use with caution

- Be cautious when operating heavy machinery if you feel drowsy after taking Allegra.
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Concerns

Before using Allegra 180 mg, it is important to address certain concerns to ensure safe and effective use:

Alcohol: Drinking alcohol may increase the risk of drowsiness or dizziness. Although Allegra is typically non-drowsy, combining it with alcohol could have an unpredictable effect.

Fruit Juices: Avoid taking Allegra with fruit juices such as apple, grapefruit, or orange juice. These juices can interfere with the absorption of the medication, reducing its effectiveness.

Driving and Operating Machinery: Although Allegra 180 mg is classified as a non-drowsy antihistamine, some individuals may still experience mild drowsiness or dizziness. Until you know how the medication affects you, it's advisable to avoid activities requiring full alertness, such as driving.

Long-Term Use: Prolonged use of Allegra is generally safe, but if you require allergy relief for an extended period, consult with a healthcare provider to confirm that it remains the best option for you.

Not to Use Allegra 180 mg: There are several circumstances in which using Allegra 180 mg might not be appropriate. It is important to avoid taking this medication in the following cases:

Severe Allergies to Fexofenadine: If you are allergic to fexofenadine (the active ingredient in Allegra) or any of the inactive ingredients in the tablet, do not use Allegra.

Pregnancy and Breastfeeding: While Allegra is generally considered safe during pregnancy, it should only be used when clearly necessary. Women who are pregnant or breastfeeding should consult a healthcare provider before using Allegra to assess potential risks.

Severe Kidney Disease: Individuals with severe kidney impairment should avoid Allegra or use it under strict medical supervision, as kidney function can affect the elimination of the drug from the body.

Drug Interactions: Avoid Allegra if you are taking medications that interact with it, such as certain antacids containing magnesium and aluminum. These can reduce the effectiveness of Allegra by interfering with its absorption.

Children Under 12 Years: Allegra 180 mg is not recommended for children under the age of 12. Alternative formulations or dosages should be discussed with a pediatrician.

Warnings

Before using Allegra 180 mg, it's essential to consider the following warnings to ensure safe use of the medication:

Consult Your Doctor: Always talk to your doctor before starting Allegra, especially if you have any existing medical conditions such as kidney disease or if you are pregnant or breastfeeding.

Kidney Impairment: If you have moderate to severe kidney problems, your doctor may adjust your dosage, as impaired kidney function can lead to a buildup of the drug in your body.

Avoid Fruit Juices: Drinking fruit juices, particularly grapefruit, orange, or apple juice, can interfere with the absorption of Allegra and reduce its effectiveness. It's recommended to take the medication with water instead.

Antacids Interaction: Avoid taking antacids containing aluminum or magnesium within 2 hours of taking Allegra, as these can also affect how well the body absorbs the medication.

Operating Machinery or Driving: Though Allegra is a non-drowsy antihistamine, some individuals may still experience mild drowsiness. Be cautious if you need to drive or operate heavy machinery until you know how Allegra affects you.

Elderly Patients: Older adults may be more sensitive to the effects of Allegra. Dose adjustments may be needed for elderly patients to reduce the risk of adverse effects.

Dosage

The dosage of Allegra 180 mg should be tailored to individual needs and medical conditions. Follow these guidelines for safe and effective use:

Standard Dosage: For most adults and children aged 12 years and older, the typical dose is one 180 mg tablet taken once daily. This dosage helps relieve symptoms of allergies such as sneezing, runny nose, and itchy eyes.

Administration Instructions: Take Allegra with a full glass of water. It is important to avoid taking the medication with fruit juices like apple, orange, or grapefruit, as these can interfere with absorption and reduce its effectiveness.

Missed Dose: If you miss a dose, take it as soon as you

remember. If it is close to the time of your next scheduled dose, skip the missed dose and continue with your regular dosing schedule. Do not double the dose to make up for a missed one. Overdose: In case of an overdose, seek immediate medical attention. Symptoms of an overdose might include severe drowsiness, confusion, or difficulty breathing. Contact your local poison control center or emergency services if you suspect an overdose. Adjustments for Kidney Impairment: Individuals with kidney problems may require a lower dosage. Consult your healthcare provider for specific dosing adjustments if you have kidney impairment. Use in Special Populations: For elderly patients and those with severe medical conditions, dosage adjustments may be necessary. Always follow your doctor's guidance on dosage and administration. Proper dosing is crucial for the effectiveness of Allegra 180 mg and to minimize the risk of side effects.

Interactions

Allegra 180 mg can interact with various substances, which may affect how the medication works or increase the risk of side effects. Here's what you need to know about potential interactions:

Drug Interactions:

Antacids: Certain antacids, particularly those containing aluminum or magnesium, can interfere with the absorption of Allegra. It is advisable to take these antacids at least 2 hours before or after taking Allegra.

Cimetidine: Cimetidine, a medication used to treat acid reflux, may increase the levels of fexofenadine in the blood, potentially increasing the risk of side effects. Consult your healthcare provider before using these medications together.

Erythromycin and Ketoconazole: These medications can increase the concentration of fexofenadine in the blood, leading to a higher risk of side effects. Inform your doctor if you are taking these or similar medications.

Food and Drink:

Fruit Juices: Avoid consuming fruit juices such as apple, orange, or grapefruit while taking Allegra. These juices can decrease the absorption of the medication and reduce its effectiveness.

Lab Tests: Allegra may interfere with certain allergy skin tests, possibly leading to inaccurate results. Inform your healthcare provider and the lab personnel that you are taking Allegra before undergoing any allergy testing.

Herbal Supplements: Certain herbal supplements may also interact with Allegra. Always inform your healthcare provider about any herbal products or supplements you are taking.

Prescription and Nonprescription Drugs: Keep a detailed list of all prescription, nonprescription, and over-the-counter medications you use, including herbal supplements. Share this list with your healthcare provider to avoid potential interactions.

FAQs

- **What is Allegra 180 mg used for?**

Allegra 180 mg is used to relieve symptoms of seasonal allergies, such as sneezing, runny or itchy nose, and itchy or watery eyes. It is also used to treat chronic hives and itching caused by chronic skin conditions.

- **How should I take Allegra 180 mg?**

Take Allegra 180 mg once daily with a full glass of water. It can be taken with or without food. Avoid taking it with fruit juices like orange or apple juice as they may reduce the effectiveness of the medication.

- **How long does Allegra 180 mg last?**

Allegra 180 mg provides relief for up to 24 hours. It is designed to be taken once a day to manage allergy symptoms effectively throughout the day.

- **Can I take Allegra 180 mg with other medications?**

Allegra 180 mg can interact with some medications. Before taking Allegra with other drugs, including over-the-counter medications and supplements, consult your doctor or pharmacist to avoid potential interactions.

- **What are the common side effects of Allegra 180 mg?**

Common side effects of Allegra 180 mg include headache, drowsiness, dry mouth, and stomach pain. These are usually mild and may go away as your body adjusts to the medication. If you experience severe side effects, contact your doctor.

- **Can I take Allegra 180 mg if I have liver problems?**

If you have liver problems, you should consult your doctor before taking Allegra 180 mg. Your doctor may need to adjust your dose or recommend an alternative treatment based on your liver condition.

- **Does Allegra 180 mg affect fertility?**

Allegra 180 mg is not known to affect fertility. It is an antihistamine that works by blocking histamine receptors to relieve allergy symptoms and does not impact reproductive health.

- **Can I take Allegra 180 mg every day?**

Allegra 180 mg is designed for daily use as needed for allergy relief. You can take it daily if you have persistent allergy symptoms, but follow your doctor's advice on the appropriate dosage and frequency.

Other Details

Storage Instructions: Room Temperature: Store Allegra 180 mg tablets at room temperature, typically between 68°F and 77°F (20°C and 25°C). Keep them away from light and moisture. Avoid Bathroom Storage: Do not store Allegra in the bathroom, as the humidity can affect the medication's efficacy. Check Packaging: Different brands of Allegra may have specific storage instructions. Refer to the product package for any additional storage recommendations. Keep Away from Children and Pets: Ensure that all medications, including Allegra, are kept out of reach of children and pets to prevent accidental ingestion. Handling Missed Doses: Missed Dose: If you miss a dose of Allegra, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose—do not double up to make up for the missed one. Regular Schedule: Aim to take your medication at the same time each day to help remember to take it consistently. Disposal of Medication: Proper Disposal: Do not flush Allegra down the toilet or pour it into a drain unless instructed to do so. Properly discard any unused or expired medication. Consult Local Disposal Guidelines: For safe disposal, consult your pharmacist or local waste disposal company for guidance on how to dispose of medications properly. Medical and Lab Appointments: Regular Check-Ups: Keep all scheduled medical and laboratory appointments to monitor your condition and the effects of Allegra. Overdose: Symptoms and Action: In case of an overdose, seek immediate medical attention if you experience severe symptoms such as passing out or difficulty breathing. Emergency Contacts: In the U.S., contact Poison Control at 1-800-222-1222 or go to the nearest emergency room. In Canada, call a provincial poison control center for assistance. Conclusion Allegra 180 mg is a widely used antihistamine for managing allergy symptoms such as sneezing, runny nose, itching, and hives. Its effectiveness in alleviating these symptoms makes it a valuable option for individuals dealing with allergic reactions. Key points to remember: Proper Use: Take Allegra as directed, ideally once daily, with water and without fruit juices that may interfere with absorption. Avoid antacids containing aluminum or magnesium close to when you take this medication. Consult Healthcare Providers: Always consult your healthcare provider before starting Allegra to ensure it is appropriate for your condition and to discuss any potential interactions with other medications you are taking. Monitor Side Effects: Be aware of possible side effects such as headaches, drowsiness, or dry mouth. Contact your healthcare provider if you experience severe reactions or if your symptoms persist or worsen. Storage and Disposal: Store Allegra at room temperature and out of reach of children and pets. Follow proper disposal instructions to ensure the medication is discarded safely when no longer needed. Emergency Situations: In case of an overdose or severe allergic reaction, seek medical help immediately.

References

Mayo Foundation for Medical Education and Research. Allegra (Fexofenadine). In: Mayo Clinic. 2023. [Accessed 20 September 2024]. Available from: <https://www.mayoclinic.org/drugs-supplements/fexofenadine-oral-route/description/drg-20067082> U.S. Food and Drug Administration. Allegra (Fexofenadine Hydrochloride) Drug Approval Package. 2022. [Accessed 20 September 2024]. Available from: https://www.accessdata.fda.gov/drugsatfda_docs/label/2003/20786se8-014,20872se8-011,20625se8-012_allegra_lbl.pdf WebMD LLC. Allegra (Fexofenadine) Oral. In: WebMD. 2023. [Accessed 20 September 2024]. Available from: <https://www.webmd.com/drugs/2/drug-13821-2204/allegra-oral/fexofenadine-oral/details> Drugs.com. Allegra 180 mg. In: Drugs.com. 2024. [Accessed 20 September 2024]. Available from: <https://www.drugs.com/allegra.html>

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