

抗组胺药

关于您的药物

医生刚开给您的是抗组胺药

镇静性抗组胺

- Buclizine
- Chlorpheniramine
- Hydroxyzine
- Promethazine

非镇静性抗组胺

- Cetirizine
(轻微的镇静作用)
- Desloratadine
- Fexofenadine
- Levocetirizine
- Loratadine

抗组胺药有何效用？

抗组胺药是用来消除皮肤瘙痒或红肿以及其他皮肤敏感症。这种药也可以用来治疗普通流行性感冒和枯草热，如打喷嚏，流鼻涕和流眼泪等症状。抗组胺药的作用就是抵消组胺对身体所产生的影响。

如何服用抗组胺药？

抗组胺有药片和药水两种，应遵照标签上写明的规定服用，除非医生吩咐，否则不可多服。服药时最好吃点东西，以减少肠胃不适。

忘了涂药怎么办？

一记起就立刻补服，如果已靠近下一次药时间，则不必补服，只要照常服用即可，不可因忘了服药而加倍下一次的服用量。

服用抗组胺药会引起什么副作用？

服用抗组胺药可能引起某些副作用，这并非什么异常的现象，这些副作用可能在治疗期间便会消失，如遇以下情形持续不断或变得严重时，则应请教医生：

- 某些抗组胺药可能使人感觉昏昏欲睡，而某些抗组胺却完全没有这种副作用，当您服药后感到这种作用时，不要驾车、开动机器或从事任何需要保持警觉的工作。

- 视觉模糊。
- 排尿困难或疼痛。
- 口干，（多喝液体或吮食糖果）。

应采取什么预防措施？

- 在服用这种药之前，应先由医生检查您是否以怀孕、打算怀孕或以母乳喂养婴孩。
- 在服用抗组胺药时，不可喝酒或服用安眠药、镇静剂或肌肉松弛剂，因为这些药物加上抗组胺，会让您更加昏昏欲睡。
- 在进行任何皮肤敏感检验之前，应告诉医生您正在服用抗组胺药，因为检验结果可能会受抗组胺的影响。

如何保存抗组胺药

- 应存放在阴凉干爽、没有热源和阳光照射以及小孩触摸不到的地方。
- 不要把抗组胺药和其他药物放在同一个容器里，而应分开存放，并加上药名标签。



ANTIHISTAMINES 抗组胺药

若有疑问，请征求您的医生或药剂师的意见。

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Printed: Oct 2009



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About Your Medicine

Your doctor has prescribed the following medicine:

Sedative antihistamines Non-sedative antihistamines

- Buclizine
- Chlorpheniramine
- Hydroxyzine
- Promethazine
- Cetirizine
(may cause mild sedation)
- Desloratadine
- Fexofenadine
- Levocetirizine
- Loratadine

What are antihistamines used for?

Antihistamines are used to relieve itch, redness and swelling in some skin conditions and other types of allergy. They also help to relieve some of the symptoms of the common flu and hay fever, like sneezing, runny nose and watery eyes.

They work by canceling the effects of histamine produced by the body in allergic conditions.

How should I take antihistamines?

- Antihistamines are available in tablets or liquids. Follow the dosage instructions on the label. Do not take more than recommended unless advised by your doctor.
- Take this medicine with some food to reduce stomach irritation if necessary.

What should I do if I forget a dose?

- Take the missed dose as soon as you remember. If it is almost time for your next dose, do not take the missed dose at all. Resume your regular dosing schedule. Do not take double the dose to make up for the missed one.

What other effects may antihistamines cause?

Certain side effects of this medicine are not unusual and may even disappear during treatment. If any of the following effects persist or are severe, consult your doctor:

- Some antihistamines may cause some people to feel drowsy, while other antihistamines do not have this effect at all. If you are affected, do not drive, operate machinery or do work that requires you to be alert.
- Blurred vision
- Difficult or painful urination
- Dry mouth (drink fluids or suck sweets to relieve this)

What precautions should I take?

- Before taking this medicine, check with your doctor if you are pregnant, intending to conceive or are breast-feeding.
- Avoid taking alcohol, sleeping pills, tranquilizers or muscle relaxants with antihistamines, as these tend to add together to make you more drowsy.
- Inform your doctor that you are taking antihistamines before you have any skin tests for allergies. The results of the test may be affected by antihistamines.

How should I store antihistamines?

- Store this medicine away from heat and direct sunlight in a cool, dry place, out of reach of children.
- Do not keep this medicine with other medications in the same container. Keep medicines separately in labelled containers.

When in doubt, consult your doctor or pharmacist
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