

### **CETIRIZINE (ZYRTEC) THERAPY**

I prescribed an antihistamine pill known as Cetirizine (Zyrtec) as part of the care for your skin problem. Cetirizine is an effective treatment for various itchy and other skin conditions. Cetirizine is a very safe treatment, but you should be aware of the proper way of taking it.

Cetirizine is a simple medication to take. The usual dose is one or two pills at night.

The major advantage of Cetirizine (Zyrtec) is that it tends to be a non-sedating antihistamine. That is Cetirizine usually does not produce drowsiness. Most other antihistamines can cause some degree of drowsiness. Even if Cetirizine would cause slight drowsiness you are taking it at night and going to bed anyway.

Most patients who take Cetirizine have no side effects. As with all medications there are potential side effects including stomach upset, allergic reactions, or a dry mouth. These are unusual with Cetirizine and occur in less than 1% of patients.

The major advantage of Cetirizine is that only one or two pills are taken at night. This one dose can control your problem throughout the entire night and the following day.

Cetirizine (Zyrtec) was a prescription medication. You can now purchase it over the counter at any drug store or pharmacy.

If you have any other questions about this treatment, please ask me before you leave the office. If you have any problems while you are taking Cetirizine, call my office immediately.