

What medications can be used for hay fever?

Most medications for hay fever do not require prescription, and can be divided into drowsy and non-drowsy.

Drowsy hay fever medications: such as Diphenhydramine (Benadryl ®), Chlorpheniramine (Chlor-Tripolon ®)

The onset of drug effects is usually one hour or half an hour, the duration of action is about 4-8 hours, therefore these medications need to be taken 3 to 4 times daily as needed. Side effects may include: drowsiness, dry mouth, constipation, rapid heart beat, etc, If you have glaucoma, asthma, swollen prostate, thyroid secretion imbalance, or if you are pregnant, breastfeeding, or taking anti-depression drugs, please seek advice from your family doctor or pharmacist before deciding which drugs are more suitable.



Non-drowsy hay fever medications: such as Deslorartidine (Aerius ®), Loratadine (Claritin ®), Fexofenadine (Allegra ®).

As the name implies, this type of medications do not cause drowsiness. They usually need to be taken only once or twice daily and have minimal side effects. The disadvantage is they may take one to two days to start working and are more expensive .

If the above two categories of hay fever medications can not provide relief, then you may want to consult your family doctor to decide if prescription medications are needed