

372 desloratadine

- B/P (lying, standing), pulse; if systolic B/P drops 20 mm Hg, hold product, notify prescriber; take VS, ECG in cardiac patients
- Hepatic studies: AST, ALT, bilirubin; thyroid function studies; monitor blood glucose and cholesterol in those who are overweight
- Weight weekly, BMI initially and periodically; appetite may increase with product
- **EPS** primarily in geriatric patients: rigidity, dystonia, akathisia
- **Seizure activity** in those with a history of seizures; may be prior to cardiac events

Black Box Warning: Depression: monitor mental status: mood, sensorium, affect, **suicidal tendencies**, increase in psychiatric symptoms (depression, panic); this product is not indicated for children; monitor mental status baseline and during first few months of treatment

- Urinary retention, constipation; constipation most likely in children
- **Withdrawal symptoms:** headache, nausea, vomiting, muscle pain, weakness; not usual unless product discontinued abruptly
- **Beers:** avoid in older adults with delirium or at high risk for delirium; assess for confusion; highly anticholinergic
- **Pregnancy/breastfeeding:** no well-controlled studies, use only if benefit outweighs fetal risk; avoid breastfeeding, excretion is unknown

Evaluate:

- Therapeutic response: decreased depression

Teach patient/family:

- That therapeutic effects may take 2-3 wk

Black Box Warning: That suicidal thoughts/behaviors may occur; to notify prescriber immediately

- To use caution when driving, performing other activities requiring alertness because of drowsiness, dizziness, blurred vision
- To avoid alcohol, other CNS depressants

- Not to discontinue medication abruptly after long-term use because this may cause nausea, headache, malaise
- To wear sunscreen or large hat because photosensitivity occurs

TREATMENT OF OVERDOSE:

ECG monitoring; lavage; administer anticonvulsant

desloratadine (Rx)

(des'lor-at'ah-deen)

Clarinet, Clarinet RediTabs

Func. class.: Antihistamine, 2nd generation

Chem. class.: Selective histamine (H₁)-receptor antagonist

ACTION: Binds to peripheral histamine receptors, thus providing antihistamine action without sedation

USES: Seasonal/perennial allergic rhinitis, chronic idiopathic urticaria, pruritus

CONTRAINDICATIONS: Hypersensitivity, infants/neonates

Precautions: Pregnancy, breastfeeding, child, asthma, renal/hepatic impairment, phenylketonuria

DOSAGE AND ROUTES

- **Adult and child ≥12 yr:** PO 5 mg/day
- **Child 6-11 yr:** PO 2.5 mg/day
- **Child 2-5 yr:** PO 1.25 mg/day
- **Child 6-11 mo:** PO 1 mg/day (urticaria only)

Hepatic/renal dose

- **Adult:** PO 5 mg every other day

Available forms: Tabs 5 mg; orally disintegrating tabs 2.5, 5 mg (RediTabs); syr 0.5 mg/mL

Administer:

- Without regard to meals
- Do not remove RediTabs from blister until ready to use
- RediTabs directly on tongue; may take with or without water