

Allegra Provides Choices

Seasonal allergies can make life almost unbearable. Fortunately, an allergy medication called Allegra can bring the relief you need.

Allegra is fast gaining popularity among people afflicted with seasonal allergies and allergic rhinitis. The drug is most often prescribed during spring and fall, where allergens like pollens are widely disseminated by the air. Adults and children 12 and over suffering from uncomplicated skin manifestations called 'chronic idiopathic urticaria' may also be prescribed Allegra for treatment and relief. It can also reduce the number of wheals and flares caused by reduce pruritus. Allegra allergy medication is an antihistamine with the active ingredient fexofenadine hydrochloride. There are various strengths of Allegra available, including 30, 60 and 180 mg. Children 12 years and older and adults are generally prescribed either one 60mg dose twice daily, or one 180mg dose once daily. For children from 6 to 11, the recommended dosage is 30mg, twice daily. Allegra is not approved for use by children under 6 years old.

Before you begin taking Allegra, your doctor will check your history for any serious ailments you may be suffering from, or have had in the past. Kidney and heart disease, and other chronic conditions are a concern. People with an allergic reaction to fexofenadine should take caution when using Allegra. If you are pregnant, or plan to become pregnant, let your doctor know and use extreme caution. Allegra is classified under "FDA pregnancy category C", meaning its effects on the unborn baby could not be conclusively ascertained. In all of these situations, it's best to approach your doctor first before using Allegra allergy medication. He or she may lower your dosage, monitor your progress, or advise against taking it at all.

Allegra allergy medicine comes in capsule form that is taken orally with a full glass of water. It may be taken with food, and is best taken in the morning and in the evening. If you happen to miss a dose of Allegra, you should take it as soon as you remember. However, if it's almost time for your next dose, just take one. Never take two doses at once. Possible side effects of Allegra may include menstrual changes, stomach pain, nausea, tiredness and vomiting. These side effects are usual mild and minimal.

You should not take Allegra allergy medicine within 15 minutes after using an antacid containing magnesium or aluminum, like Mylanta, Maalox or Milk of Magnesia. These antacids can lessen the effect of Allegra. Other drugs, such ketoconazole, rifampin, erythromycin and St. John's Wort can also cause adverse effects when combined with Allegra.

When prescribed by your doctor, Allegra allergy medication can provide an affective antidote to the recurring seasonal allergies that plague millions of people worldwide. Thanks to Allegra, many of these people are able to conduct happy, healthy, allergy-free lives. Speak to your health care provider if you think that Allegra is a good choice for you.