FAIRVIEW PHARMACY — EST. 1978

Taking cetirizine safely

cetirizine HCl (Zyrtec) · antihistamine · once daily, OTC

3 MISTAKES TO AVOID

1. **Taking more than the label allows**
   One 10 mg tablet once a day. Never more than that in 24 hours.
2. **Mixing with alcohol or sedatives**
   Both can add to the drowsiness cetirizine can cause.
3. **Skipping the ask-first list**
   Liver or kidney disease, pregnancy, and breastfeeding all need a doctor first.

How to take it

- **Adults and children 6+:** one 10 mg tablet once a day. Never more than 1 tablet (10 mg) in 24 hours.
- A 5 mg product may be enough for milder symptoms.
- **Children under 6, and adults 65+:** ask a doctor first.
- **Liver or kidney disease?** Your doctor should decide if you need a different dose.

Ask a doctor before use if you

- Have liver or kidney disease.
- Are pregnant (ask a health professional) or breastfeeding (not recommended).
- Are already taking a tranquilizer or sedative.
- Have ever reacted to cetirizine or to the antihistamine hydroxyzine — don't use it.

While you take it

- Drowsiness may occur. Alcohol, sedatives and tranquilizers can make it worse.
- Be careful driving or using machinery until you know how it affects you.

IMPORTANT

Allergic reaction to this product? Stop using it and ask a doctor. Seek medical help right away.

Keep away from children

- Store out of reach of children.

If a child takes too much, get medical help or contact Poison Control right away.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA OTC Drug Facts label for Zyrtec Allergy 10 mg tablets (label effective 10/2025). ZYRTEC is a trademark of its owner.

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