FAIRVIEW PHARMACY — EST. 1978

Taking fexofenadine safely

fexofenadine (Allegra) · allergy relief

3 MISTAKES TO AVOID

1. **Taking it with fruit juice**
   Take it with water. Fruit juices lower how much your body absorbs.
2. **Taking it with certain antacids**
   Antacids with aluminum or magnesium can lower its levels. Space them apart.
3. **Assuming every Allegra is the same**
   12 Hour, 24 Hour and children's products have different doses.

How to take it

- **Take it with water only,** not fruit juice.
- **12 Hour tablet:** 1 every 12 hours. No more than 2 in 24 hours.
- **24 Hour tablet:** 1 once a day. No more than 1 in 24 hours.
- Adult tablets are **not for children under 12.** Use a children's product made for the child's age.
- Children's dissolving tablets: take on an empty stomach. They contain phenylalanine (PKU).

Ask a doctor first if you

- Have kidney disease
- Are 65 or older
- Are pregnant or breastfeeding (ask a health professional)

Good to know

- Don't add another antihistamine without asking your pharmacist.
- Headache, nausea or drowsiness can happen. Tell your pharmacist if they bother you.
- **Missed a scheduled dose?** Take it when you remember unless the next one is almost due. Never double up.

Stop use and ask a doctor if

- You have an allergic reaction to this product

EMERGENCY: CALL 911
Severe trouble breathing, or swelling of the tongue or throat: fexofenadine does not treat a severe allergic reaction. Get help 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: Allegra Allergy 12 Hour and 24 Hour Drug Facts (rev. 2026). ALLEGRA is a trademark of its owner.

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