FAIRVIEW PHARMACY — EST. 1978

Taking loratadine safely

loratadine (Claritin, Claritin-D) · allergy relief

3 MISTAKES TO AVOID

1 Thinking Claritin-D is plain Claritin

It adds pseudoephedrine. Never with an MAO inhibitor.

2 Ignoring decongestant precautions

Ask a doctor first with heart disease, high blood pressure and more.

3 Taking more than the label allows

Claritin: 1 tablet in 24 hours. Claritin-D 12 Hour: 1 every 12 hours.

How to take it

- **Claritin 10 mg:** adults and children 6+, 1 tablet a day. **No more than 1 in 24 hours.**
- **Claritin-D 12 Hour:** 1 tablet every 12 hours. No more than 2 in 24 hours.
- Children under 6: ask a doctor.
- Liver or kidney disease: ask a doctor. You may need a different dose.
- Chewables contain phenylalanine. Check if you have PKU.
- Don't add another antihistamine without asking.

Claritin-D: ask a doctor first if you have

- Heart disease, thyroid disease, high blood pressure, diabetes
- Trouble urinating from an enlarged prostate

IMPORTANT

Do not use Claritin-D if you take a prescription MAO inhibitor (for depression, mental health or Parkinson's disease), or for 2 weeks after stopping one. Not sure? Ask your pharmacist.

Stop Claritin-D and ask a doctor if

- You feel nervous, dizzy or can't sleep
- Symptoms don't improve within 7 days, or you get a fever

EMERGENCY: CALL 911

Trouble breathing, or swelling of the tongue or throat: loratadine does not treat a severe allergic reaction. Get help right away.

Pregnant or breastfeeding? Ask a health professional before use.

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: Claritin, Claritin Chewable and Claritin-D 12 Hour Drug Facts (rev. 12/2025). CLARITIN is a trademark of its owner.

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