

DR. MICHAEL RUSCIO
Get Healthy—and Get Back to Your Life

OTC Anti-histamine Protocol (MCAS)

Identify an OTC H1 blocker and H2 blocker that works for you. Begin with non-sedating, only moving on to sedating products if necessary. Start with least expensive and work your way up to more costly medications if necessary.

- Non-sedating H1 blockers (preferred):
  - Claritin (Loratadine)
  - Zyrtec (Cetirizine)
  - Allegra (Fexofenadine)
  - Xyzal (Levocetirizine)
- Sedating H1 blockers:
  - Benadryl (Diphenhydramine)
- H2 Blockers
  - Pepcid (Famotidine)
  - Zantac (Ranitidine)
  - Tagamet (Cimetidine)
  - Axid (Nizatidine)
- Cromolyn
  - Good for digestive involvement, since it's not absorbed.
  - Multiple forms: oral, eye drops, nasal, topical cream

Time + Dose:

- A month at most to clearly notice effect; if not, move on and test a different medication
- Follow the dosing listed on label at first, but can be common to move up to twice per day.

Can experiment with higher dose for 2-4 weeks, but if it doesn't clearly help, then reduce dose. Do not take any more than is beneficial.