

# Anti-Histamine Protocol (MCAS)

## Protocol Overview

- The goal is to find most effective combination of H1 and H2 blocking medications
- H1 and H2 blockers are medications that work by:
  - Stabilizing mast cells
  - Improving symptoms & reactivity

## Dosing the Medications

- For the 2 week trials, start with 1 tablet of the medicine for the first week.
- If you don't see improvement, take 1 tablet twice per day for another week.
- Stay on the dose you find most effective for improving symptoms.
- Stop any medications that are not effective

## Identifying the Most Effective Medications

**\*Do not make any medication changes until you speak with your doctor\***

Pick one H1 blocking medication from the below list and stick with it for 2 weeks. If you don't see an improvement in symptoms, move on to a different H1 blocking medication. Continue this process until you find one that you feel is most helpful

- Claritin (Loratadine) 10 mg - 1 tablet daily, may increase to 1 tablet twice daily.
- Zyrtec (Cetirizine) 10 mg - 1 tablet daily, may increase to 1 tablet twice daily.
- Allegra (Fexofenadine) 60 mg - 1 tablet daily, may increase to 1 tablet twice daily.

Once you find an effective H1 blocker, trial different H2 blockers in the same way you tested the H1 blockers

- Pepcid (Famotidine) 20 mg - 1 tablet daily, may increase to 1 tablet twice daily.
- Tagamet (Cimetidine) 200 mg - 1 tablet daily, may increase to 1 tablet twice daily.

## Disclaimer

*\*The information in this handout is for educational purposes only and is not intended to diagnose, treat, or prevent any medical condition. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*