

ANTI-HISTAMINE Side Effects:

Medications in this category: diphenhydramine (Benadryl), hydroxyzine (Vistaril), doxylamine (Unisom)

Most common: dry mouth, lack of muscle control (ataxia), urinary retention, constipation, drowsiness, memory problems.

Serious but rare: blurred vision, rapid heart rate (tachycardia).

Pregnancy: diphenhydramine is considered to be the safest sleep medication in pregnancy.

This is a simplified list of side effects focusing on what is common or severe because complete lists of more rare and less serious side effects are often overwhelming. If desired, complete lists of potential side effects can be found on reputable web sites like Drugs.com.