Generic Allegra (Fexofenadine)

Product introduction

Plenty of allergy tablets stop the sneezing but leave you foggy by mid-morning. That is a real problem if you drive, study or work long shifts. Fexofenadine, the active ingredient in Allegra, was developed to get around it. It is one of the least sedating antihistamines on the market.

This generic version contains fexofenadine hydrochloride, the same ingredient as the brand. It usually comes in 120 mg and 180 mg tablets and covers you for about a day per dose.

Quick facts

Active ingredient	Fexofenadine hydrochloride
Form and strength	Tablets, 120 mg / 180 mg
Medicine type	Non-drowsy antihistamine
Used for	Hay fever, chronic hives
Habit forming	No

Uses of Fexofenadine

- Seasonal allergies, also known as hay fever
- Chronic hives that keep returning without an obvious cause
- Itchy, watery eyes from allergies

Benefits of Fexofenadine

Clear head, calmer nose

Fexofenadine settles sneezing, a runny or itchy nose and watering eyes, while leaving most people fully alert. That makes it a sensible pick for anyone whose day depends on concentration.

Comfort for long-lasting hives

For people living with chronic hives, it reduces both the itch and the number of welts. Many find their nights become more restful once the itching is under control.

Why people choose it

- Very low chance of drowsiness
- Works quickly, often within an hour or two
- One tablet a day for most adults
- Helps nose and eye symptoms together

How Fexofenadine works

During an allergic reaction, histamine attaches to H1 receptors in the nose, eyes and skin. That is what triggers the itch, the sneezing and the swelling.

Fexofenadine blocks those receptors so histamine cannot do its job. It barely crosses into the brain, which is why sleepiness is so uncommon. A single dose typically lasts around 24 hours.

How to take Fexofenadine

Swallow the tablet whole with plain water, with or without a meal.

There is one habit worth changing: keep fruit juice away from your dose. Grapefruit, orange and apple juice can cut down how much of the medicine your body absorbs. Antacids containing aluminium or magnesium do the same, so leave about two hours between them and your tablet.

Dosage

- Hay fever in adults: 120 mg once a day, or 180 mg once a day depending on local guidance and your doctor's advice
- Chronic hives in adults: 180 mg once a day
- Children: a lower dose based on age, as directed by a doctor

People with kidney problems may need a smaller dose. Taking more than recommended will not improve the effect.

Side effects of Fexofenadine

It is one of the gentler antihistamines. When side effects occur, they are generally mild:

- Headache
- Dizziness
- Nausea
- Dry mouth
- Tiredness, which is uncommon

Allergic reactions to the medicine itself are rare. Swelling of the face, lips or throat, or trouble breathing, needs emergency help.

Safety advice

Condition	Advice	Details
Alcohol	**CAUTION**	Drowsiness is rare, but alcohol can still add to any tiredness.
Pregnancy	**CONSULT YOUR DOCTOR**	Information on use in pregnancy is limited. Ask your doctor first.

Condition	Advice	Details
Breastfeeding	**CONSULT YOUR DOCTOR**	Small amounts may reach breast milk. Get advice before using it.
Driving	**SAFE**	It does not usually affect driving. See how you respond to the first dose.
Kidney	**CAUTION**	A lower dose may be needed if your kidneys are not working well.
Liver	**SAFE**	A dose change is not usually needed.

What if you forget to take Fexofenadine?

Take it once you remember, as long as your next dose is not close. If it is, skip the missed tablet and keep to your usual time. Two tablets together will not give better protection.

Drug interactions

Mention it to your doctor or pharmacist if you use:

- Antacids with aluminium or magnesium (keep a two-hour gap)
- Erythromycin
- Ketoconazole
- Fruit juices such as grapefruit, orange or apple, which reduce absorption

Precautions

Speak to a doctor or pharmacist before starting fexofenadine if you:

- Have kidney or liver disease
- Have a history of heart problems
- Are pregnant, planning a pregnancy or breastfeeding
- Are older and take several other medicines

Storage

Store the tablets in their original pack at room temperature, away from damp and heat. Keep them out of children's reach and dispose of any that are past their expiry date.

Quick tips

- Wash it down with water, not juice.
- Separate it from antacids by about two hours.
- Take it at the same time each day.

- Add a steroid nasal spray if congestion is heavy.
- Start a little before your allergy season begins.

Frequently asked questions

Is it safe to take fexofenadine every day?

Yes. It can be taken daily through the allergy season, or for longer if your doctor recommends it.

How does it compare with cetirizine or loratadine?

All three work well. Fexofenadine is the least likely to cause drowsiness, while cetirizine may act slightly faster for some people.

Will it unblock my nose?

It helps with sneezing, itching and a runny nose. For a badly blocked nose, a steroid spray usually works better, and the two can be used together.

Conclusion

Generic Allegra (fexofenadine) is a strong option for anyone who needs dependable allergy control without feeling slowed down. One tablet a day eases hay fever and calms chronic hives, and most people stay completely alert. Take it with water, keep antacids apart from your dose, and check with a pharmacist if you have kidney problems.

Disclaimer: This page shares general health information. It is not a substitute for personal advice from your own doctor or pharmacist, so read the pack leaflet before use.