

HOW H2 ANTIHISTAMINES MAY HELP YOU?

Cimetidine, Famotidine, and Nizatidine are the three FDA-approved H2 antihistamines (H2 blockers) used in the US.



Mode of action

- Blocking the H2 receptors reduces gastric acid production
- Used to manage conditions involving excess acid secretion

How to take

- Usually taken with the first meal of the day or at bedtime
- May take about 30 minutes to show the effects



Side effects

- Headache and dizziness
- Diarrhea
- Rashes

References

1. H2 blockers; MedlinePlus
2. H2 Blockers; National Institutes of Health