

BENADRYL OVERDOSE

16 y/o female broke up with her boyfriend and took a “handful” of Benadryl. Medics state that she went into an SVT but broke with adenosine. Occurred once again but broke on its own.

HOSPITAL COURSE:

PE: Noted to be tachycardic at rate of 167 with normal BP.

EYES: Mid-sized pupils

THROAT: Dry mucous membranes

LUNGS: Clear

HEART: Tachycardia

ABDOMEN: Soft and non-tender

NEUROLOGIC: Normal motor function. Gazing out. Slow to respond. Thinks she is at home.

Transferred to BMC PICU and observed for a day. Had a run of SVT in ambulance enroute. Transferred to psychiatric facility.

DISCUSSION:



Benadryl as a drug is classified as an anticholinergic drug which has a unique toxidrome. These drugs can impact the heart resulting in tachycardia and arrhythmias as seen by the SVT the patient went into. Temperatures can rise, and respiratory rate and blood pressure can have a variable response. Pupils usually get enlarged and membranes will get dry. Mental status complications can also occur with some level of CNS depression. Confusion along with varying degrees of behavioral changes such as hallucinations may occur. Treatment is managing the complications as was done in this case with the adenosine. In severe toxicity, physostigmine is used to neutralize the effects.

Drugs groups that have this effect include

- Antihistamines: Benadryl
- Phenothiazines: Amitriptyline, Doxepin,
- Antidepressants: Clozapine, Olanzapine