

Promethazine (Phenergan)[Pro-moth-sailing](#)

Promethazine is a first generation H1 antagonist antihistamine and is used to treat allergies, nausea and vomiting, motion sickness, and can be used as a sedative.

Chlorpheniramine[Color-fin-mime](#)

Chlorpheniramine is a first generation H1 antagonist antihistamine and is used to treat allergies.

Side Effects**Sedation**[Sedation-dart](#)

First generation antihistamines are occasionally used as sedatives for patients experiencing insomnia, as H1 blockade in the CNS causes sedation. It is important to also remember that while some patients may take antihistamines specifically for this effect, for other patients taking antihistamines for other reasons this may represent an undesired side-effect.

Anticholinergic Effects[Ant-tie-cola](#)

First generation H1 antagonist antihistamines have some anti-cholinergic activity on muscarinic receptors which can cause dry mouth, tachycardia, among other side effects. These drugs should be used with caution in the elderly, as they increase fall risk.
