

The “Benadryl Challenge” Takes a Life

The so-called “Benadryl Challenge” on TikTok has been happening since early 2020. Warnings about the safety risks associated with taking too much of the active ingredient **diphenhydramine** are well known and include seizures and an abnormal heart rhythm.



Experts at the Wisconsin Poison Center recommend that health care professionals, parents and teachers talk to young people about drug safety after a 13-year-old Ohio teen, died in April 2023 while allegedly participating in the trend.



A simple reminder that over the counter medications can have serious consequences when taken in excess or in combination with alcohol, may help adolescents think twice about doing that.

If you suspect a poisoning, don't take a chance.

Call 1-800-222-1222

Wisconsin
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