



**Urticaria - Hives**  
Treatment  
Step-Approach

**STEP 4**

Add an alternative agent

- Omalizumab or cyclosporine
- Other anti-inflammatory agents, immunosuppressants, or biologics

**STEP 3**

Dose advancement of potent antihistamine (e.g. hydroxyzine or doxepin) as tolerated

**STEP 2**

One or more of the following:

- Dose advancement of 2<sup>nd</sup> generation antihistamine used in Step 1
- Add another second generation antihistamine
- Add H<sub>2</sub>- antagonist
- Add leukotriene receptor antagonist
- Add 1<sup>st</sup> generation antihistamine to be taken at bedtime

**STEP 1**

- Monotherapy with second generation antihistamine
- Avoidance of triggers (e.g., NSAIDs) and relevant physical factors if physical urticaria/angioedema syndrome is present.

- Begin treatment at step appropriate for patient's level of severity and previous treatment history
- At each level of the step-approach, medication(s) should be assessed for patient tolerance and efficacy
- **"Step-down" in treatment is appropriate at any step, once consistent control of urticaria/angioedema is achieved**