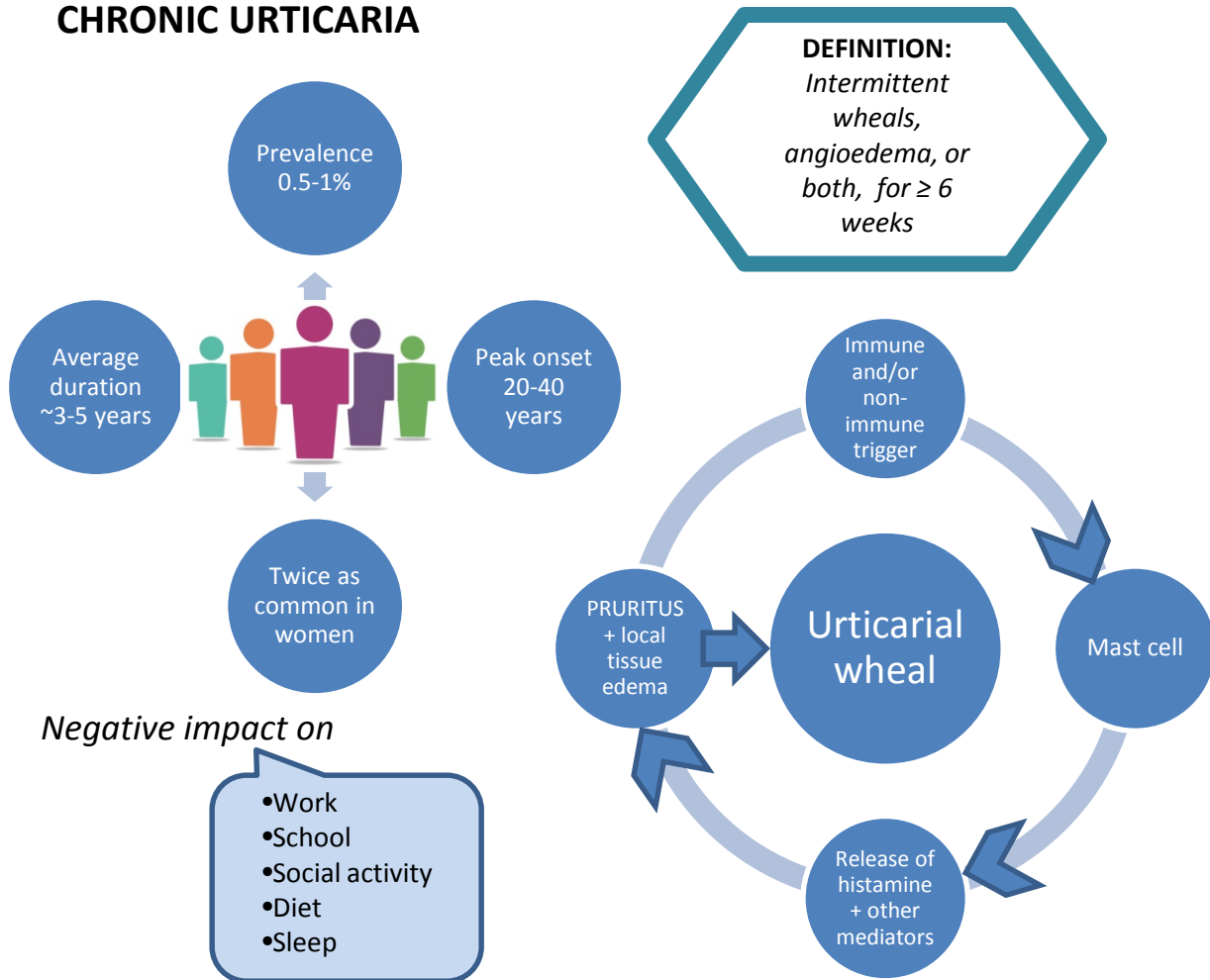


CHRONIC URTICARIA



Diagnostic steps:

- Exclude severe inflammation:
 - CBC differential, ESR or CRP
 - Extensive general screening labs not recommended unless history or clinical features suggest
- Omission of suspected drugs (e.g., NSAIDs)
- Rule out differential diagnoses



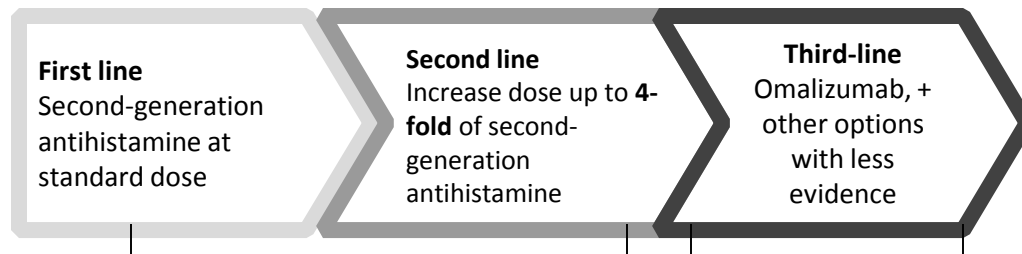
SUMMARY: Guidelines-based Management

- Second generation non-impairing, non-sedating H1-antihistamines are recommended as first-line therapy
- Up-dosing the second generation antihistamine to 2, 3, or 4-fold the standard licensed dose is 2nd line therapy
- First generation antihistamines no longer indicated
- H2 antagonists no longer recommended

Resource List

Guidelines:
The EAACI/GA(2) LEN/EDF/WAO Guideline for the definition, classification, diagnosis, and management of urticaria: the 2013 revision and update. Zurbier et al. [Allergy](#). 2014 Jul;69(7):868-87.

Articles:
Insights and advances in chronic urticaria: a Canadian perspective. Sussman G et al. [Allergy Asthma Clin Immunol](#). 2015 Feb 11;11(1):7.



Consider specialist referral

Under specialist care