

The Benadryl Challenge

By Alex Taft

The internet is a place of many viral challenges. Most of these are fun and harmless things, and do nothing but spread joy and entertainment. However, some can be physically harmful to those who attempt them; even lethal. A prime example of one of these dangerous challenges is the new “Benadryl Challenge”, which has led to the death of a 15-year-old Oklahoma City teen according to KFOR, a local Oklahoma City news station.

In the challenge, people are supposed to take as much of the allergy medication, Benadryl, as they can until they begin to hallucinate. This can be damaging to one’s body and is certainly not recommended. The Missouri Poison Center states “An overdose of Benadryl may result in extreme drowsiness, blurred vision, increased heart rate, confusion, seizures – even coma; other symptoms may include dry mouth, nausea, vomiting, unsteadiness, high blood pressure, and hallucinations.” The takeaway from this information? Do not do the Benadryl challenge, as the risk far outweighs anything one may see as benefits.

This challenge may not be remotely tempting to perform to some, but unfortunately, many seem to be unaware of the risks. If you know anyone who plans on filming themselves doing this challenge, please prevent the person from doing so, and explain to them the insane amount of risks. The challenge has gotten so bad that the FDA has had to issue an official warning: “Taking higher than recommended doses of the common over-the-counter allergy medicine diphenhydramine (Benadryl) can lead to serious heart problems, seizures, coma or even death,” explained the FDA.



Much like the “Tide Pod Challenge” and the “Cinnamon Challenge” from a few years ago, the “Benadryl Challenge” is just another dangerous challenge, which has sadly led to the injury and even death of multiple people.