

Montelukast as Adjunct Therapy in Chronic Spontaneous Urticaria with Partial Response to Antihistamines: A Pediatric Case Report

Yasir Al-Kaisey

Correspondence:

Dr. Yasir Al-Kaisey
MBBS, FRACGP, Consultant Family Physician
Chelsea Heights Medical Centre
205 Thames Promenade
Chelsea Heights, Victoria 3174, Australia
Phone: +61405641152
Email: yasir.alkaisey@gmail.com

Received: May 2026. Accepted: May 2026; Published: June 2026.

Citation: Yasir Al-Kaisey. Montelukast as Adjunct Therapy in Chronic Spontaneous Urticaria with Partial Response to Antihistamines: A Pediatric Case Report. World Family Medicine. June 2026; 24(4): 46 - 48 DOI: 10.5742/MEWFM.2026.241785

Abstract

Chronic spontaneous urticaria (CSU) in children may persist despite standard antihistamine therapy and can significantly affect quality of life. We report a 9-year-old girl with CSU who demonstrated partial response to cetirizine but achieved complete symptom resolution following the addition of montelukast. Symptoms resolved within three days and did not recur after discontinuation of therapy. While spontaneous remission cannot be excluded, this case highlights a possible role for montelukast as adjunct therapy in selected pediatric patients.

Key words: chronic spontaneous urticaria, montelukast, antihistamines, pediatric urticaria

Introduction

Chronic spontaneous urticaria is defined by recurrent wheals, angioedema, or both, for more than six weeks without an identifiable trigger. It is commonly idiopathic in children and may significantly impair sleep and quality of life.

Current international guidelines, including the EAACI/GA²LEN/EuroGuiDerm/APAAACI urticaria guideline, recommend second-generation H1-antihistamines as first-line therapy, with dose escalation in non-responders. Additional therapies may be considered in refractory cases. Leukotriene receptor antagonists such as montelukast have been used as adjuncts, although evidence remains inconsistent and their role is not routinely recommended in guideline-based pathways.