

## What PRECAUTIONS should I take?

Before taking your medicine

- Tell your doctor and pharmacist if you are allergic to any drugs.
- Tell your doctor and pharmacist what medications you are taking, especially medication for depression, heart disease, aspirin, muscle relaxants, sedatives, sleeping pills, and tranquilizers.
- Tell your doctor if you have or have ever had any other medical conditions, especially prostate problems, glaucoma, liver and kidney problems.
- Avoid alcohol when you are on this medicine, as this medicine will add to the effects of alcohol.
- The medicine may cause some people to become drowsy or less alert than they normally are. Make sure you know how you react to the medicine you are taking before you drive, use machines, or do anything else that could be dangerous if you are not alert.

Some antihistamines are more likely to cause drowsiness than others. Generally, drowsiness is less likely with the newer antihistamines e.g. Loratadine and Cetirizine.

Antihistamines may cause dryness of the mouth, nose and throat. For temporary relief of mouth dryness, use sugarless candy, melt bits of ice in your mouth, or use a saliva substitute. However, if your mouth continues to feel dry for more than 2 weeks, check with your doctor.

Before you have any skin tests for allergies, tell your doctor that you are taking this medicine. The results of the test may be affected by this medicine.

## How should I STORE the medicine?

Keep the medicine in an airtight container. Store away from heat and direct sunlight.



# Patient Information Leaflet



# Antihistamines

## ABOUT your medicine

This medicine is used to relieve or prevent the symptoms of hay fever, itch, running nose and other types of allergies.

This medicine may sometimes be prescribed for other uses; ask your doctor or pharmacist for more information.

Medicine	Function
Promethazine Chlorpheniramine Hydroxyzine Loratadine Cetirizine Buclizine	It works by preventing the effects of the substance called histamine, which is produced in the body. Histamine can cause itching, sneezing, runny nose and watery eyes. In some cases, it can close up the air passage of the lungs and make breathing difficult. The medicine comes in oral tablet and liquid forms.

## HOW should I take the medicine?

The dose of the medicine will be different for different patients. Follow your doctor's instructions or the directions on the label. If your dose is different, do not change it unless it is directed by your doctor.

The number of doses to take each day and the time between doses depends on whether the short-acting or long-acting form of the medicine is taken.

If the long-acting form of the tablet is taken, swallow the tablet whole. Do not break, crush, or chew the tablet.

Antihistamines can be taken with food.

Consult your pharmacist if you are not sure of the correct way of taking your medicine.

Discard all medication that has expired or is no longer required

## What should I do if I FORGET a dose?

If you are taking this medicine regularly and you miss a dose, take it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose and continue with your regular dosing schedule. Do not double the dose to make up for the missed dose.

## What are the possible SIDE-EFFECTS of the medicine?

Although side-effects are rare, they can occur. These side-effects may go away during treatment as your body adjusts to the medicine. However, check with your doctor if any of the following side-effects continue or are bothersome.

Medicine	Function
Promethazine Chlorpheniramine Hydroxyzine Loratadine Cetirizine Buclizine	Drowsiness Dizziness Dryness of mouth, nose, or throat

Consult your doctor if you experience any unusual side-effects when taking your medication

If you experience any of the following symptoms, call your doctor immediately:

- Fast or Irregular heartbeat
- Convulsions
- Hallucinations
- Shortness of breath or breathing difficulties

Keep all medication out of reach of children