

## RELIEF

Acrivastine

- This medicine is used to relieve the symptoms of hay fever and other allergic conditions such as pet allergies, dust allergies and skin reactions.
- This medicine is for use by adults and children aged 12 – 65 years.
- **Do not take this medicine:**
  - There are some people who should not use this medicine. To find out if you are one of them See *Section 2* ▶
  - If you have ever had a **bad reaction** to any of the ingredients or any other antihistamine. See *Section 6* for the list of ingredients ▶
- **Speak to your doctor:**
  - If you suffer from any of the conditions mentioned in section 2. See *Section 2* ▶
  - If you are taking any other medicines. See *Section 2* ▶
- **Follow the dosage instructions carefully.** See *Section 3* ▶

Now read this whole leaflet carefully before you use this medicine. Keep the leaflet: you might need it again.

### 1 What the medicine is for

Benadryl Allergy Relief is a medicine which is used to relieve the symptoms of hay fever and other allergic conditions such as pet or dust allergies. The capsules contain acrivastine which is an antihistamine that helps relieve allergy symptoms such as sneezing, runny nose and watery eyes.

It can also be used to treat the symptoms of urticaria, also known as hives, where the skin looks blotchy with white raised wheals (bumps) surrounded by redness.

This medicine is for use in adults under 65 years old and children aged 12 years and over.

### 2 What you need to know before you take this medicine

This medicine is suitable for most adults under 65 years old and children aged 12 years and over but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

#### ⊗ Do not take this medicine...

- If you have ever had a **bad reaction** to any of the ingredients, or to the antihistamine *triprolidine*.
  - If you have severe **kidney disease**.
- If any of these apply to you, **get advice from a doctor or pharmacist without taking Benadryl Allergy Relief.**

#### ⚠ Talk to your doctor or pharmacist...

- If you have **kidney** problems.
- If you are taking any **other medicines**, including:
  - *Sedatives or tranquillisers* (used to treat **anxiety** or **sleep disorders**).
  - *Ketoconazole* (an antifungal used to treat **fungal infections**).
  - *Erythromycin* (an antibiotic used to treat **bacterial infections**).

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist.

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist.**

#### ⚠ If you are pregnant or breast-feeding

- Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant or breast-feeding.

#### ⚠ Special warnings about this medicine

- Do not drink **grapefruit juice** while taking Benadryl Allergy Relief.
- Benadryl Allergy Relief may cause drowsiness and dizziness. Caution should be used when driving or operating machinery. If this product makes you feel drowsy or dizzy, do not drive or operate machinery. This product should not be taken whilst under the influence of alcohol.
- As with all antihistamines, it is advisable to avoid excessive alcohol consumption when taking this medicine.

#### ⚠ Some of the ingredients can cause problems

- This product contains lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.
- This medicine contains less than 1 mmol sodium (23 mg) per capsule, that is to say essentially 'sodium-free'.

### 3 How to take this medicine

Check the table over the page to see how much medicine to take.

- For oral use only.
- Do not take more than the stated dose shown in the table.

#### ⓘ Children under 12 years old

This medicine is not recommended for children aged under 12 years.

turn over ▶



#### ⓘ Adults and Children 12 – 65 years old

Age	Dose
Adults and children 12-65 years	1 capsule up to 3 times a day.

- Do not take more than 3 doses in 24 hours.
- If symptoms persist or worsen talk to your doctor.

#### ⓘ Adults over 65 years

This medicine is not recommended for adults aged over 65 years old.

#### ⚠ If anyone has too much

If anyone has too much contact a doctor or your nearest Accident and Emergency Department (Casualty) taking this leaflet and pack with you.

#### ⚠ If you forget to take the medicine

If you forget to take a dose, take the next dose when needed provided that you only take a maximum of 3 capsules in 24 hours. **Do not** take a double dose.

### 4 Possible side effects

Like all medicines, Benadryl Allergy Relief can cause side effects, although not everybody gets them.

#### If you experience any of the following, stop using the medicine and seek immediate medical help:

- Swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing.

#### If you experience any of the following, stop taking this medicine and talk to your doctor:

- Allergic reactions including rash

#### Other effects which may occur:

**Very common (may affect more than 1 in 10 people)**

- Drowsiness

**Common (may affect up to 1 in 10 people)**

- Dry mouth
- Dizziness

#### Reporting of side effects

If you get any side-effects talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed in this leaflet. You can also report side-effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side-effects, you can help provide more information on the safety of this medicine.

### 5 How to store this medicine

Store below 30°C.

Keep this medicine dry and store in the original packaging. Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the pack. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

### 6 Contents of the pack and other information

#### What's in this medicine?

**The active ingredients in Benadryl Allergy Relief are:** 8 mg Acrivastine in each capsule.

**Other ingredients are:** Lactose, sodium starch glycolate, magnesium stearate, gelatin, colouring (E171) and purified water.

#### What the medicine looks like

Benadryl Allergy Relief are white capsules available in packs of 12, 24 or 48 capsules. Not all pack sizes may be marketed.

#### Marketing Authorisation holder:

McNeil Products Limited, 50 – 100 Holmers Farm Way, High Wycombe, Buckinghamshire, HP12 4EG, UK.

#### Manufacturer:

Janssen-Cilag, Domaine de Maigremont, 27100 Val de Reuil, France.

**This leaflet was revised** November 2020.

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