



Hayfever and Allergy Relief 10mg Tablets (Cetirizine Hydrochloride)

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- You must contact a pharmacist or doctor if your symptoms worsen or do not improve

What this medicine is for

This medicine contains Cetirizine Hydrochloride, which belongs to a group of medicines called antihistamines that act to relieve the symptoms of allergic reactions.

It can be used to treat the symptoms of hayfever (e.g. runny and itchy nose and eye irritation), and year round runny and itchy nose and eyes. These allergies may be caused by pollen, dust mites, animals or moulds. Sometimes the symptoms may be caused by pollution, poor air conditioning, central heating or hot weather.

It can also be used to treat raised, red itchy skin (symptoms of urticaria, which is often known as hives or nettle rash).

Before you take this medicine

This medicine can be taken by adults and children of 6 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients (see "What is in this medicine")
- **If you are allergic** to other antihistamines
- **If you have kidney failure**
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicinal product contains lactose)
- **If you are pregnant or breastfeeding**

! Talk to your pharmacist or doctor:

- If you have other kidney problems - your doctor or pharmacist may advise you to take a lower amount of this medicine
- If you have epilepsy or are prone to fits
- If you are more likely to have difficulty passing urine (e.g. spinal cord injury, you are a man with prostate problems) as this medicine may increase the risk of this happening

Other important information

If you are having any allergy tests, stop taking this medicine 72 hours before the test.

Driving and using machines: In clinical trials cetirizine has not been shown to affect attention, alertness and driving if taken at the recommended amount. However some people may be more sensitive to the side effects and should not drive or use machines if affected by drowsiness or dizziness. If this is the first time you are taking this medicine, check how you

react first.

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine.

If you take other medicines

This medicine is not expected to affect any other medicines that you may be taking. If you are unsure about interactions with any medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ **How to take this medicine**

Check the foil is not broken before use. If it is, do not take that tablet.

Age	How many to take	How often to take it
Children of 6 to 11 years	Half a tablet	Twice a day
Adults and children of 12 years and over	One tablet	Once a day

If you have kidney problems your doctor or pharmacist may advise you to take less than this amount. If this applies to you, follow their instructions.

Swallow the tablet with a drink of water.

Do not give to children under 6 years.

Do not take more than the amount recommended above.

If symptoms do not go away talk to your doctor.

! If you take too many tablets: You may feel very sleepy or tired, dizzy, confused, restless, shaky, or have a fast heart rate, a headache, dilated pupils, diarrhoea, difficulty passing urine or itchy skin. If this happens talk to a doctor straight away. Take your medicine and this leaflet with you.

Possible side effects

Most people will not have problems, but some may get some.

If you have any unwanted side effects you should seek advice from your doctor, pharmacist or other healthcare professional.

! If you get any of these serious side effects, stop taking the medicine. See a doctor at once:

- Difficulty in breathing, swelling of the face, lips, tongue or other parts of the body (severe allergic reaction)
- Other allergic reactions such as itching, rash or hives on the skin
- Bleeding or bruising easily
- Convulsions (fits)
- In some very rare cases people have thought about committing suicide and if you feel this way then stop taking this medicine and see your doctor.

If you get any of the following side effects see your pharmacist or doctor:

Common side effects (affecting 1 in 100 people to 1 in 10 people):

- Tiredness, drowsiness, dizziness, headache, runny nose

- Stomach upset, feeling sick, diarrhoea
- Dry mouth, sore throat
- Uncommon side effects (affecting 1 in 1,000 people to 1 in 100 people):
- Stomach pain
- Extreme tiredness, generally feeling unwell
- Pins and needles or numb limbs
- Agitation
- Skin rash, itchy skin
- Rare side effects (affecting 1 in 10,000 people to 1 in 1,000 people):
- Fast heart rate
- Swelling due to water retention
- Aggression, confusion, depression, hallucinations (seeing or hearing things that are not real), difficulty sleeping
- Raised, red itchy skin
- Other allergic reactions
- Weight gain
- Changes in the way your liver works – this may show up in a blood test
- Very rare side effects (affecting less than 1 in 10,000 people):
- Difficulty focusing, blurred vision, involuntary upward movement of the eye
- Fainting, tremors, change or loss in taste, tics (involuntary body movements)
- Unusual bruising and an increase in the number of infections that you get e.g. sore throats – this may be a sign of very rare changes in the blood
- Pain when passing urine, bed wetting
- Other side effects (where the frequency of affecting people is not known):
- Memory loss, or impairment
- Nightmares
- Increased appetite
- Feeling dizzy (vertigo)
- Difficulty in passing urine

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 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.

How to store this medicine

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard. Use by the date on the end flap of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

What is in this medicine

Each tablet contains Cetirizine Hydrochloride 10 mg which is the active ingredient.

As well as the active ingredient, the tablets also contain microcrystalline cellulose, lactose, colloidal anhydrous silica, magnesium stearate, hypromellose, macrogol, polydextrose, titanium dioxide (E171).

The pack contains 7, 14, 30 or 60 white to off white, film-coated, capsule-shaped tablets. C10 is printed on one side of the tablet and a deep breakline is on the other side.

Not all pack sizes may be marketed.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Wrafton Laboratories Limited, Exeter Road, Wrafton, Devon, EX33 2DL, United Kingdom. Marketing Authorisation held by Galpharm Healthcare Ltd Wrafton Braunton Devon EX33 2DL UK

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

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