



Hayfever And Allergy Relief (Cetirizine Dihydrochloride)

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

This medicine is available without prescription for you to treat a mild illness without a doctor's help. Nevertheless, you still need to use Boots Hayfever and Allergy Relief 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 see your doctor if your symptoms worsen or do not improve.

In this leaflet:

1. What Boots Hayfever and Allergy Relief is and what it is used for
2. Before you take these tablets
3. How to take Boots Hayfever and Allergy Relief
4. Possible side effects
5. Storing your medicine

Boots Hayfever and Allergy Relief tablets contain cetirizine dihydrochloride as the active ingredient. They also contain microcrystalline cellulose, lactose, colloidal anhydrous silica, magnesium stearate, hypromellose, macrogol, titanium dioxide (E171) and polydextrose.

The Marketing Authorisation holder and company responsible for manufacture: Approved Prescription Services Limited, Eastbourne BN22 9AG England.

1. What Boots Hayfever and Allergy Relief is and what it is used for

Each film-coated tablet contains 10mg of cetirizine dihydrochloride. Cetirizine belongs to a group of drugs called antihistamines which help to relieve the symptoms of some allergies.

This product is available in packs of 7 or 30 tablets (packs containing 30 tablets are only available from your pharmacist).

Your medicine is used to relieve the symptoms of hayfever, non-seasonal rhinitis (runny and itchy nose) and other allergies e.g. pet or house dust mite allergies. It can also be taken for skin allergies such as rash, itching and hives.

2. Before you take these tablets

Do not take these tablets if you:

- Are allergic to any of the ingredients in your medicine.

Take special care with this product if you have:

- Kidney problems.

Taking this medicine with food and drink:

- As with other antihistamines, it is advisable to avoid drinking large amounts of alcohol whilst taking these tablets.

Pregnancy and Breast-feeding:

- These tablets are not recommended if you are pregnant.
- Do not take if you are breast-feeding.

Driving and using machines:

- These tablets do not normally cause drowsiness. However, individuals can react differently so if you are affected, you should not drive or operate machinery.

Important information about some of the ingredients of your medicine:

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take Boots Hayfever and Allergy Relief

If you do not understand these instructions or if you require any further information about your medicine, ask your doctor or pharmacist.

Adults and children 12 years and over:

One tablet daily, to be swallowed whole with a drink of water.

Children under 12 years:

Not recommended.

If you have kidney problems, you should only take half the recommended dose.

If symptoms persist consult your doctor.

Do not exceed the stated dose.

If you take more tablets than you should

Taking too many of these tablets can cause drowsiness. If you (or someone else) swallow a lot of the tablets all together, or if you think a child has accidentally swallowed any of the tablets, contact your nearest hospital casualty department or your doctor immediately. Take these tablets with you so that the doctor can see what has been taken.

If you forget to take your medicine

If you forget to take a tablet, take one as soon as you remember, unless it is nearly time to take the next one. Never take two doses together. Take the remaining doses at the correct time.

4. Possible side effects

Like all medicines, Boots Hayfever and Allergy Relief can have side effects occasionally.

Tell your doctor if you notice any of the following:

- Headache
- Dizziness
- Agitation
- Dry mouth
- Drowsiness
- Stomach or intestinal discomfort

These are all temporary, mild side effects of this medicine. Convulsions have been reported very rarely.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

5. Storing your medicine

Do not transfer to another container.

Do not use Boots Hayfever and Allergy Relief after the expiry date shown on the outer packaging.

Keep out of the reach and sight of children.

If you notice any defects or signs of deterioration in the tablets (such as broken tablets), please consult your pharmacist. Return all unused medicines to your pharmacist for safe disposal.