

## PATIENT INFORMATION LEAFLET

### ANTI-HISTAMINES

#### **ABOUT** your medicine

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

This medication is sometimes prescribed for other uses; ask your doctor or pharmacist for more information.

Medicine	Its Functions
Promethazine Chlorpheniramine Hydroxyzine Loratidine Cetirizine Buclizine	<ul style="list-style-type: none"><li>• It works by preventing the effects of a 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.</li></ul> The medicine comes in oral tablet form as well as liquid form.

#### **HOW** should I take the medicine?

The dose of an antihistamine 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 a short-acting or long-acting antihistamine is taken.

Some antihistamine preparations are available only with your doctor's prescription. Others are available without a prescription. However, your doctor may have special instructions on the proper dose of the medicine for your medical condition.

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

Antihistamines can be taken with food or a glass of water or milk to lessen stomach irritation, if necessary.

If the extended-release tablet form of this medicine is taken, swallow the tablet whole. Do not break, crush, or chew before swallowing.

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 possible. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not double the dose to make up for a missed dose.

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

Although side-effects are not common, 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	Side-Effects
Antihistamines	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
- Convulsion
- Hallucination
- Shortness of breath or troubled breathing

What **PRECAUTIONS** should I take?

Before taking the 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 antihistamines will add to the effects of alcohol.
- The medication may cause some people to become drowsy or less alert than they are normally. Make sure you know how you react to the antihistamine 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. Clarityne, Zyrtec.

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 medical doctor or dentist.

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 medication in an airtight container. Store away from heat and direct sunlight.