

## RAZENE

Cetirizine Hydrochloride 10mg Tablets



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### What is in this leaflet

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This leaflet answers some common questions about Razene. It does not contain all the information available on this medicine. It does not take the place of talking to your pharmacist or doctor. All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of using Razene against the benefits expected it will have for you. If you have any concerns about using this medicine, ask your pharmacist or doctor. Keep this leaflet. You may want to read it again.

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### What Razene is used for and how it works

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The most common form of allergy is hayfever. This is a seasonal disorder occurring during spring and summer and is caused mainly by airborne pollens. Typical symptoms include sneezing, runny nose and itchy, watery eyes. For some, these symptoms occur throughout the year, often caused by an allergy to house dust mites or animal fur.

In addition to inhaled allergies there are those caused by eating certain foods, or through contact with certain medicines or chemicals. With these, symptoms appear mainly as skin rashes.

All the symptoms described are due to what is called an allergic reaction between the allergens (pollen, dust, etc) and certain cells in the body. This reaction triggers the release of a number of chemical substances which irritate the body. One of these chemical substances is histamine. It is best to try and avoid exposure to the allergens that affect you; however, this is not always possible.

There are a number of medicines available for treating allergies, the most common of these are called antihistamines - because they counteract the effects of histamine. Antihistamines may also be used to treat allergic conjunctivitis, insect bites and hives. One such antihistamine that treats allergies is Razene.

Razene is an anti-allergic used to treat hayfever and other allergic conditions. It is fast-acting, usually within 10-20 minutes after taking it, non-sedating and its effects last for 24 hours, so you only need to take it once a day.

Your pharmacist or doctor, however, may prescribe Razene for another purpose. Ask your pharmacist or doctor if you have any questions about why Razene has been prescribed for you.

Razene is only available from a pharmacy.

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### Before you take Razene

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#### *When you must not take it*

**Do not take Razene if you have an allergy to any of the following:**

- any medicine containing cetirizine
- hydroxyzine (another antihistamine related to cetirizine)
- any of the ingredients listed at the end of this leaflet.

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Do not use Razene in children less than 1 year of age.

Talk to your pharmacist or doctor if you are not sure whether you should take this medicine.

### ***Before you take it***

Tell your pharmacist or doctor if:

- You are allergic to any other medicines, foods, preservatives or dyes
- You have epilepsy (fits/seizures/convulsions)
- You have kidney problems
- You have any other medical conditions
- You are pregnant, plan to become pregnant, or are breastfeeding. Your pharmacist or doctor can discuss with you the risks and benefits involved.

If you have not told your pharmacist or doctor about any of the above, tell them before you take Razene.

### ***Taking other medicines***

If you are taking any other medicines, including any you get without a prescription from a pharmacy, supermarket or health food shop, tell your pharmacist or doctor.

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## **How to take Razene**

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### ***How much to take***

Your pharmacist or doctor will tell you how much Razene you need to take each day. It is important that you take Razene as directed by your pharmacist or doctor. Do not take more than the recommended dose.

### ***Adults and children over 6 years of age***

The usual daily dose is one tablet (10mg) as a single dose. In children over 6 years of age, the daily dose of 10mg is given as a single or divided dose, due to the effects of Razene not lasting as long in children. Individuals will vary in their response to medicines and this applies to Razene also:

- Some people may only require half the daily dose, i.e. 5mg, e.g. people with kidney problems or those who may feel drowsy if they take the recommended dose of 10mg.
- Others may need to take 20mg, e.g. larger people or those who find that 10mg is not enough.

The maximum recommended daily dose is 20mg. Do not exceed this dose unless told to do so by your doctor.

### ***Children 1-6 years of age***

The recommended dose is half a tablet (5mg) once daily.

### **Do not use Razene in children less than 1 year of age.**

Your doctor may tell you to take different doses to these. If so, follow their instructions.

Razene can be taken any time of the day, with or without food.

Follow all directions given to you by your pharmacist or doctor and read the instructions on the carton.

### ***If you forget a dose***

If you forget to take a dose of Razene, take it as soon as you remember but wait at least 12 hours before taking the next dose. Do not take more than one dose at a time to make up for missed doses.

Taking your medicine at the same time each day may help you to remember to take it regularly. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

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## **While you are taking Razene**

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Tell all doctors, dentists and pharmacists who are treating you that you are taking Razene.

Tell your doctor or pharmacist if you become pregnant while you are taking Razene.

Do not give Razene to anyone else, even if his or her symptoms seem similar to yours.

Do not use Razene to treat any other complaints unless your doctor tells you to.

**Although this medicine is unlikely to affect the ability to drive or operate machinery, a few people may be impaired and care should be taken.** If you feel drowsy after taking Razene be cautious about driving or operating machinery for 8 hours. In such cases it may be best to take Razene before you go to bed at night and / or take half the recommended daily dose.

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## **Side effects**

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Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking Razene.

All medicines can have some unwanted effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

**Tell your pharmacist or doctor if you notice any of the following and they worry you:**

- drowsiness
- headache
- dry mouth
- tiredness
- nausea
- dizziness.

These are the more common side effects of Razene. They are usually mild and tend to wear off as treatment continues.

**Tell your doctor immediately if you notice any of the following:**

- swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing
- asthma, wheezing, shortness of breath
- sudden or severe itching, skin rash, hives
- fast or irregular heart beat.

**These side effects are usually rare but can be serious and need urgent medical attention.**

The list of side effects mentioned above is not complete. If you should suffer from any of these side effects or any other undesired effect please tell your pharmacist or doctor.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

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## **In case of overdose**

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You should only take the number of tablets that you have been told.

**Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken Razene by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.** Take the pack of Razene with you if you can.

Keep telephone numbers for these places handy.

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## **Storage conditions**

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Do not take this medicine after the expiry date shown on the pack or if the packaging shows signs of tampering.

Store below 25°C. Keep out of reach of children. Avoid exposure to heat, moisture and light.

Keep your Razene tablets in the blister pack until it is time to take them.

Do not store Razene, or any other medicine, in the car, in the bathroom or near a sink.

### ***Disposal***

If you do not take your Razene tablets or the medicine has passed the expiry date, ask your pharmacist what to do with the remaining medicine.

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## **List of ingredients**

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Each tablet contains 10mg of the active ingredient cetirizine hydrochloride. The tablets are white, capsule shaped, film coated tablets marked "CZ" breakline "10" on one side and "G" on the reverse.

Each tablet also contains lactose, pregelatinised maize starch, povidone, magnesium stearate, talc, opadry white, hydroxypropylmethyl cellulose, titanium dioxide and polyethylene glycol.

Razene tablets do not contain sugar or gluten.

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## **If you want to know more**

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Should you have any questions regarding this product, please contact your pharmacist or doctor.

### ***Who supplies this medicine***

Distributed in New Zealand by:

Mylan New Zealand Ltd,  
PO Box 11-183,  
Ellerslie,  
Auckland.

Freephone: 0800 579 811

***Date of Information***

2 February 2009  
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