

TELFAST[®] 60/120/180 (tell-fast)

Fexofenadine hydrochloride (fex-oh-fen-a-dean high-dro-claw-ride)

Consumer Medicine Information (CMI)

What is in this leaflet

This leaflet answers some common questions about Telfast.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor or pharmacist has weighed the risks of you taking this medicine against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine. You may want to read it again.

What Telfast is used for

Telfast contains an active ingredient called fexofenadine. It is one of a group of medicines called antihistamines.

Telfast 60mg is used to relieve the symptoms of hayfever (sneezing, itchy/watery eyes and itchy/runny nose) and persistent hayfever and allergies (blocked nose and more persistent allergic symptoms, often due to house dust mites or cat fur).

Telfast 120mg is used to relieve the symptoms of hayfever (sneezing, itchy/watery eyes and itchy/runny nose).

Telfast 180mg is used to relieve the symptoms of hayfever (sneezing, itchy/watery eyes and itchy/runny nose) and/or hives, wheals, itching and redness of the skin.

Your doctor, however, may recommend Telfast for another purpose.

Ask your doctor or pharmacist if you have any questions about why it has been recommended for you.

Before you take it

When you must not take it

Do not take Telfast and tell your doctor or pharmacist if you have had an allergic reaction to fexofenadine or any of the other ingredients in Telfast.

These are listed at the end of this leaflet.

Do not give Telfast to a child under 6 years of age.

There is no experience with its use in children under 6 years old.

Do not take it after the expiry date (EXP) printed on the pack.

If you take it after the expiry date has passed, it may not work as well.

Do not take it if the packaging is damaged or shows signs of tampering.

Before you start to take it

Tell your doctor or pharmacist if you have allergies to any of the ingredients listed at the end of this leaflet or any other substances, such as foods, preservatives or dyes.

Tell your doctor or pharmacist if you are pregnant or intend to become pregnant.

Tell your doctor or pharmacist if you are breast-feeding or planning to breast-feed.

Tell your doctor or pharmacist if you plan to have surgery.

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

How to take it

How much to take

For the relief of the symptoms of hayfever the usual dosage for adults and children over 12 years is one Telfast 60mg tablet up to twice daily, or one Telfast 120mg tablet once daily, or one Telfast 180mg tablet once daily.

For relief of hives, the usual dosage for adults and children over 12 years of age is one Telfast 180mg tablet daily, when required.

For the relief of the symptoms of persistent allergies the usual dosage for adults and children over 12 years is one Telfast 60mg tablet twice daily for a period of four weeks.

Your doctor may have recommended a different dose.

Ask your doctor or pharmacist if you are unsure of the correct dose for you.

They will tell you exactly how many to take.

Follow the instructions they give you.

If you take the wrong dose, Telfast may not work as well and your problem may not improve.

How to take it

Take Telfast with a glass of water or as directed by your doctor or pharmacist.

When to take it

Telfast may be taken with or without food.

If you are not sure when to take it, ask your doctor or pharmacist.

How long to take it

Continue taking your medicine for as long as your doctor or pharmacist tells you.

Ask your doctor or pharmacist if you are not sure how long to take the medicine for.

If you forget to take it

Do not try to make up for missed doses by taking more than one dose at a time.

This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

Do not take a double dose to make up for the dose you have missed.

If there is still a long time to go before your next dose, take it as soon as you remember, and then go back to taking it as you would normally.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering when to take your medicine, ask your pharmacist for hints.

If you take too much (overdose)

Immediately telephone your doctor, or the Poisons Information Centre (telephone 0800 POISON or 0800 764766), or go to Accident and Emergency at your nearest hospital, if you think you or anyone else may have taken too much Telfast.

Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

If you take too much Telfast, you may feel dizzy, drowsy or have a dry mouth.

While you are taking it

Things you must do

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

If you are about to be started on any new medicine, tell your doctor and pharmacist that you are taking Telfast.

If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking this medicine.

Things you must not do

Do not take more than the recommended dose unless your doctor or pharmacist tells you to.

Do not give this medicine to anyone else, even if they have the same condition as you.

Do not use this medicine to treat any other complaints unless your doctor or pharmacist tells you to.

Side effects

All medicines cause side effects. You may not experience any of the events listed in this leaflet. Tell your doctor or pharmacist as soon as possible if you do not feel well while taking Telfast even if you do not think that the problem is connected with the medicine or is not listed in this leaflet.

Some of the side effects that can occur with Telfast are:

- Headache
- Drowsiness
- Nausea
- Fatigue
- Dizziness

These same effects were seen in patients taking dummy or placebo tablets during the clinical studies. It is unlikely that fexofenadine hydrochloride tablets will produce an effect on the ability to drive or use machines. However, some people are more sensitive and may have an unusual reaction to medicines, so

care should be taken before driving or performing complicated tasks.

After taking it

If you have any queries about any aspect of your medicine, or any questions regarding the information in this leaflet, discuss them with your doctor or pharmacist.

Storage

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

If you take the tablets out of the box or the blister pack they may not keep well.

Keep the medicine in a cool, dry place where the temperature stays below 25°C.

Do not store it or any other medicine in the bathroom, near a sink, or on a windowsill.

Do not leave it in the car.

Heat and damp can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Product description

What it looks like

Telfast 60mg film coated tablets are peach coloured, oval and double convex in shape.

Telfast 120mg film coated tablets are peach coloured with a modified capsule shape.

Telfast 180mg film coated tablets are peach coloured, capsule shaped tablets.

Ingredients

Active Ingredient:

Each Telfast tablet contains the active ingredient fexofenadine (60mg, 120mg or 180mg).

Inactive Ingredients:

- microcrystalline cellulose
- pregelatinised maize starch
- croscarmellose sodium
- magnesium stearate
- povidone
- titanium dioxide (E171)
- colloidal silicon dioxide
- macrogol 400
- iron oxide
- hypromellose.

Telfast 60mg, 120mg and 180mg tablets do not contain any gluten or lactose.

Manufacturer/Sponsor

Telfast is made in the USA.

Telfast is supplied in New Zealand by:

sanofi-aventis new zealand limited
Level 8, James and Wells Tower
56 Cawley Street
Ellerslie
Auckland

This leaflet was prepared in August 2007.

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