

# **FEXOFAST**

Fexofenadine hydrochloride 120 mg and 180 mg Tablets

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## **What is in this leaflet**

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This leaflet answers some common questions about FEXOFAST.

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

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

**If you have any concerns about taking this medicine, talk to your pharmacist or doctor.**

**Keep this leaflet with your medicine.** You may need to read it again.

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## **What FEXOFAST is used for**

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FEXOFAST contains the active ingredient fexofenadine hydrochloride. This medicine belongs to a group of medicines called antihistamines. Antihistamines help reduce allergic symptoms by preventing the effects of a substance called histamine. Histamine is produced by the body in response to foreign substances that the body is allergic to.

FEXOFAST relieves the symptoms of seasonal allergic rhinitis (occurs at particular times of the year; commonly known as hayfever) and perennial allergic rhinitis (occurs at any time of the year; caused by house dust, mites or pets). These symptoms include sneezing bouts, runny or itchy and sometimes blocked nose, itchy red or watery eyes, itchy palate, and itchy or blocked ears.

FEXOFAST 180 is also used to relieve the symptoms of urticaria, otherwise known as hives or itchy rash.

FEXOFAST is a non-sedating antihistamine, which means it has been shown to not cause drowsiness.

FEXOFAST is not recommended for use in children under 12 years of age.

There is no evidence that FEXOFAST is addictive.

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## **Before you take FEXOFAST**

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

**Do not take FEXOFAST if you are allergic to medicines containing fexofenadine, terbinafine (Teldane®) or any of the ingredients listed at the end of this leaflet.**

Some of the symptoms of an allergic reaction may include:

- shortness of breath, wheezing or difficulty breathing, fainting
- swelling of the face, lips, tongue or other parts of the body
- development or worsening of skin rash or hayfever.

**Do not take FEXOFAST if the expiry date (Exp.) printed on the pack has passed.**

It may not work as well if you do.

**Do not take FEXOFAST if the packaging shows signs of tampering or the tablets do not look quite right.**

**If you are not sure whether you should start taking FEXOFAST, talk to your pharmacist or doctor.**

***Before you start to take it***

**Tell your pharmacist or doctor if you are allergic to**

- any other medicines, foods, dyes or preservatives
- lactose, or you are lactose intolerant (FEXOFAST tablets contain lactose).

**If you have not told your pharmacist or doctor about any of the above, tell him/her before you start taking FEXOFAST.**

***Taking other medicines***

**Tell your pharmacist or doctor if you are taking any other medicines, including those you buy without a prescription from a pharmacy, supermarket or health food shop.**

How well FEXOFAST works may be affected if you take antacids shortly before FEXOFAST or at the same time.

Your pharmacist or doctor can tell you what to do when taking FEXOFAST with antacids. If you are not sure whether you are taking this medicine, check with your pharmacist or doctor.

Your pharmacist and doctor have more information on medicines to be careful with or avoid while taking FEXOFAST.

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## **How to take FEXOFAST**

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**Follow all directions given to you by your pharmacist or doctor carefully.**

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

For adults and children aged 12 years and over, the usual dosage for:

**perennial allergic rhinitis** - one FEXOFAST 120 tablet, taken once daily

**seasonal allergic rhinitis (hayfever)** - one FEXOFAST 120 tablet or one FEXOFAST 180 tablet, taken once daily

**urticaria (hives, itchy rash)** - one FEXOFAST 180 tablet, taken once daily.

If FEXOFAST does not relieve your symptoms, do not take extra tablets. Talk to your pharmacist or doctor.

### ***How to take FEXOFAST***

Swallow the tablet with a glass of water, without regard to meals.

### ***When to take FEXOFAST***

Take FEXOFAST tablet when signs or symptoms of hayfever or allergic reactions occur.

### ***If you take too much FEXOFAST (overdose)***

**Immediately telephone your doctor, or the National Poisons Information Centre (0800 POISON or 0800 764 766), or go to Accident and Emergency department at your nearest hospital, if you think that you or anyone else may have taken too many FEXOFAST tablets.**

**Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention**

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## **While you are taking FEXOFAST**

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### ***Things you must do***

**Before starting any new medicine, tell your doctor or pharmacist that you are taking FEXOFAST.**

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

**If you become pregnant or trying to become pregnant while taking FEXOFAST, tell your doctor or pharmacist.**

### ***Things you must not do***

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

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how FEXOFAST affects you.**

FEXOFAST is unlikely to make you drowsy or dizzy. If you are drowsy, light-headed or dizzy, do not drive a car or operate machinery.

**If you are going to have any skin tests, tell your doctor that you are taking FEXOFAST.**

Antihistamines may interfere with the results of skin tests.

**Try to avoid contact with known substances you are allergic to.**

Allergic rhinitis or hives are sometimes caused by allergy to certain foods. You should talk to your doctor or pharmacist for more information or if you are worried about this.

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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 FEXOFAST.**

Like other medicines, FEXOFAST can cause some side effects. If they occur, they are most likely to be minor and temporary.

**Do not be alarmed by this list of possible side effects.**

You may not experience any of them.

**Ask your pharmacist or doctor to answer any questions you may have.**

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

- headache
- tiredness
- nausea
- dizziness
- drowsiness.

These side effects were also seen in patients taking dummy (placebo) tablets during the clinical studies.

**Tell your doctor immediately or go to Accident and Emergency at the nearest hospital if you notice any of the following allergic reactions after taking FEXOFAST:**

- wheezing, swelling of the lips or mouth, difficulty in breathing, fainting, or development or worsening of skin rash or hayfever.

This is not a complete list of all possible side effects. Other side effects not listed above may also occur in some patients. Tell your pharmacist or doctor if you notice anything that is making you feel unwell.

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## **After taking FEXOFAST**

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### ***Storage***

**Keep FEXOFAST 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.

**Keep your tablets in the blister packs in a cool, dry place where the temperature stays below 25°C.**

**Do not store FEXOFAST or any other medicines in the bathroom or near a sink. Do not leave the tablets in the car or on window sills.**

Heat, light and dampness can destroy some medicines.

### ***Disposal***

If your pharmacist or doctor tells you to stop taking FEXOFAST, or your tablets have passed their expiry date, ask your pharmacist what to do with any tablets that are left over.

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## **Product description**

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### ***What it looks like***

FEXOFAST tablets are available in two strengths:

- FEXOFAST 120 is a peach coloured, circular, biconvex film coated tablet, embossed with 'F' on one side and plain on the other side
- FEXOFAST 180 is a peach coloured, capsule shaped, biconvex film coated tablet, embossed with 'F' on one side and plain on the other side.

FEXOFAST is available in blister packs of 10 and 30 tablets.

### ***Ingredients***

The active ingredient in FEXOFAST is fexofenadine hydrochloride:

- each FEXOFAST 120 contains 120 mg of fexofenadine hydrochloride
- each FEXOFAST 180 contains 180 mg of fexofenadine hydrochloride.

The tablets also contain:

- microcrystalline cellulose
- lactose
- povidone
- croscarmellose sodium
- maize starch
- sodium lauryl sulfate
- purified talc
- magnesium stearate

- Opadry II Brown 85G86605.

The tablets do not contain gluten, sucrose, tartrazine or any azo dyes.

***Supplier***

FEXOFAST is distributed in New Zealand by:

**Arrow Pharmaceuticals (NZ) Limited**

Mount Eden Central Business Park

33a Normanby Road, Mt Eden

Auckland, New Zealand.

***Date of preparation***

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