

# ZETOP

## Cetirizine hydrochloride 10mg Tablets

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### What is in this leaflet

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This leaflet answers some common questions about ZETOP. 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 ZETOP 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 ZETOP is used for

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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 ZETOP.

ZETOP 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 ZETOP for another purpose. Ask your pharmacist or doctor if you have any questions about why ZETOP has been prescribed for you.**

ZETOP is only available from a pharmacy.

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### Before you take ZETOP

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

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

**Do not use ZETOP 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 ZETOP.**

***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 ZETOP**

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***How much to take***

Your pharmacist or doctor will tell you how much ZETOP you need to take each day. It is important that you take ZETOP 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 (10 mg) as a single dose. In children over 6 years of age, the daily dose of 10 mg is given as a single or divided dose, due to the effects of ZETOP not lasting as long in children. Individuals will vary in their response to medicines and this also applies to ZETOP:

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

**The maximum recommended daily dose is 20 mg. 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 (5 mg) once daily.

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

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

ZETOP 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 ZETOP, 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 ZETOP**

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

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

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

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

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

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

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

**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 ZETOP be cautious about driving or operating machinery for 8 hours. In such cases it may be best to take ZETOP before you go to bed at night and/or take half the recommended daily dose.

### ***In case of overdose***

**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 ZETOP by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.** Take the pack of ZETOP with you if you can.

Keep telephone numbers for these places handy.

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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 ZETOP.

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 ZETOP. 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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## **After taking ZETOP**

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### ***Storage conditions***

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

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**Product description**

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ZETOP is a white to off-white, round biconvex film-coated tablet. It is available in blister packs.

***Ingredients***

Each ZETOP tablet contains 10 mg of the active ingredient cetirizine hydrochloride.

The tablet also contains benzyl alcohol, calcium hydrogen phosphate dehydrate, hypromellose, lactose, macrogol, magnesium stearate, maize starch, povidone, purified talc, sodium starch glycollate, and titanium dioxide.

***Supplier***

ZETOP 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***

25 August 2010