1. **PRODUCT NAME**
Zista, 10 mg, tablets

2. **QUALITATIVE AND QUANTITATIVE COMPOSITION**
Each tablet contains 10 mg cetirizine hydrochloride.
Excipient with known effect: lactose monohydrate
For the full list of excipients, see section 6.1.

3. **PHARMACEUTICAL FORM**
White to off white capsule shaped film coated tablets with breakline on one side and '10' embossed on the other side.

4. **CLINICAL PARTICULARS**
4.1 **Therapeutic indications**
Cetirizine is indicated for the relief of symptoms associated with seasonal allergic rhinitis (hay fever) and perennial allergic rhinitis. Symptoms treated effectively include sneezing, rhinorrhea, post-nasal discharge, nasal pruritus, ocular pruritus and tearing.
Cetirizine is also indicated for the treatment of:
- allergic conjunctivitis;
- insect bites and the uncomplicated skin manifestations of chronic idiopathic urticaria. It significantly reduces the occurrence, severity and duration of hives and markedly reduces pruritus.

4.2 **Dose and method of administration**
**Adults**
The recommended initial dose of cetirizine is 5 to 10 mg depending on symptom severity, given as a single daily dose with or without food. The time of administration may be varied to suit individual patient needs. If sufficient response is not obtained, the dose may be increased to the maximum recommended daily dose of 20 mg.

*Paediatric population*

**Children aged 6-12 years**
Same dose as for adults given as a single or divided dose.

**Children aged 2-6 years**
The recommended dose of cetirizine is 5 mg (half a tablet) once daily.

**Special populations**

**Use in Elderly**
Data does not suggest that the dose needs to be reduced in elderly subjects provided that the renal function is normal.

**Renal Impairment**
The dosing intervals must be individualised according to renal function.
Refer to the following table and adjust the dose as indicated. To use this dosing table, an estimate of the patient’s creatinine clearance (CLcr) in mL/min is needed. The CLcr (mL/min) may be estimated from serum creatinine (mg/dl) determination using the following formula:

\[
CL_{cr} = \frac{[140 - \text{age(years)}] \times \text{weight (kg)}}{72 \times \text{serum creatinine (mg/dl)}} \times 0.85 \text{ for women}
\]

Dosing adjustments for adult patients with impaired renal function

<table>
<thead>
<tr>
<th>Group</th>
<th>Creatinine clearance (mL/min)</th>
<th>Dosage and frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>≥80</td>
<td>10 mg once daily</td>
</tr>
<tr>
<td>Mild</td>
<td>50 - 79</td>
<td>10 mg once daily</td>
</tr>
<tr>
<td>Moderate</td>
<td>30 – 49</td>
<td>5 mg once daily</td>
</tr>
<tr>
<td>Severe</td>
<td>&lt; 30</td>
<td>5 mg once every 2 days</td>
</tr>
<tr>
<td>End-stage renal disease – Patients undergoing dialysis</td>
<td>&lt; 10</td>
<td>Contraindicated</td>
</tr>
</tbody>
</table>

In paediatric patients suffering from renal impairment, the dose will have to be adjusted on an individual basis taking into account the renal clearance of the patient and body weight.

**Hepatic Impairment**
No dose adjustment is needed in patients with solely hepatic impairment.

**4.3 Contraindications**
Cetirizine hydrochloride is contraindicated in:
- patients with a history of hypersensitivity to any of the constituents of the formulation, to hydroxyzine or to any piperazine derivatives
- patients with end stage renal impairment at less than 10 mL/min creatinine clearance.

**4.4 Special warnings and precautions for use**
**Alcohol**
At therapeutic doses, no clinically significant interactions have been demonstrated with alcohol (for a blood alcohol level of 0.5 g/L). Nevertheless, precaution is recommended if alcohol is taken concomitantly.

**Patients at risk of convulsions**
Caution in epileptic patients and patients at risk of convulsions is recommended.

**4.5 Interaction with other medicines and other forms of interaction**
**Pharmacokinetic Interactions**
Pharmacokinetic interaction studies were conducted with cetirizine and pseudoephedrine, antipyrine, cimetidine, ketoconazole, erythromycin, and azithromycin; no pharmacokinetic interactions were observed.

In a multiple dose study of theophylline (400 mg once a day) and cetirizine, there was a small (16%) decrease in clearance of cetirizine, while the disposition of theophylline was not altered by concomitant cetirizine administration.
Studies with cetirizine and cimetidine, glipizide, diazepam, and pseudoephedrine have revealed no evidence of adverse pharmacodynamic interactions.

Studies with cetirizine and azithromycin, erythromycin, ketoconazole, theophylline, antypirine, and pseudoephedrine have revealed no evidence of adverse clinical interactions.

In particular, concomitant administration of cetirizine with macrolides or ketoconazole has never resulted in clinically relevant ECG changes.

**Ritonavir**

In a multiple dose study of ritonavir (600 mg twice daily) and cetirizine (10 mg daily), the extent of exposure to cetirizine was increased by about 40% while the disposition of ritonavir was slightly altered (-11%) further to concomitant cetirizine administration.

**Food**

The extent of absorption of cetirizine is not reduced with food, although the rate of absorption is decreased by 1 hour.

**Allergy skin test**

Allergy skin tests are inhibited by antihistamines and a wash-out period of 3 days is recommended before performing them.

4.6 Fertility, pregnancy and lactation

**Use in pregnancy (Category B2)**

Caution should be exercised in pregnant women.

For cetirizine, very rare clinical data on exposed pregnancies are available. Animal studies do not indicate direct or indirect harmful effects with respect to pregnancy, embryonal/foetal development, parturition or postnatal development.

**Use in lactation**

Caution should be exercised in lactating women.

Cetirizine is excreted in human milk at concentrations representing 0.25 to 0.90 those measured in plasma, depending on sampling time after administration.

4.7 Effects on ability to drive and use machines

Objective measurements of driving ability, sleep latency and assembly line performance have not demonstrated any clinically relevant effects at the recommended dose of 10 mg.

Patients intending to drive, engaging in potentially hazardous activities or operating machinery should not exceed the recommended dose and should take their response to the medicinal product into account.

In sensitive patients, concurrent use with alcohol or other CNS antidepressants may cause additional reductions in alertness and impairment of performance.

4.8 Undesirable effects

**Clinical Trial Data**

Clinical studies have shown that cetirizine at the recommended dosage has minor adverse effects on the CNS, including somnolence, fatigue, dizziness and headache.

In some cases, paradoxical CNS stimulation has been reported.

Although cetirizine is a selective antagonist of peripheral H1-receptors and is relatively free of anticholinergic activity, isolated cases of micturition difficulty, eye accommodation disorders and dry mouth have been reported.
Instances of abnormal hepatic function with elevated hepatic enzymes accompanied by elevated bilirubin have been reported. Mostly this resolves upon discontinuation of the drug.

Double blind controlled clinical trials comparing cetirizine to placebo or other antihistamines at the recommended dosage (10 mg daily for cetirizine), of which quantified safety data are available, included more than 3200 subjects exposed to cetirizine.

From this pooling, the following adverse reactions were reported for cetirizine 10 mg in the placebo-controlled trials at rates of 1.0% or greater:

<table>
<thead>
<tr>
<th>Adverse event (WHO-ART)</th>
<th>Cetirizine 10 mg (n= 3260)</th>
<th>Placebo (n = 3061)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body as a whole – general disorders:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td>1.63 %</td>
<td>0.95 %</td>
</tr>
<tr>
<td>Central and peripheral nervous system disorders:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dizziness</td>
<td>1.10 %</td>
<td>0.98 %</td>
</tr>
<tr>
<td>Headache</td>
<td>7.42 %</td>
<td>8.07 %</td>
</tr>
<tr>
<td>Gastrointestinal system disorders:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>0.98 %</td>
<td>1.08 %</td>
</tr>
<tr>
<td>Dry mouth</td>
<td>2.09 %</td>
<td>0.82 %</td>
</tr>
<tr>
<td>Nausea</td>
<td>1.07 %</td>
<td>1.14 %</td>
</tr>
<tr>
<td>Psychiatric disorders:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Somnolence</td>
<td>9.63 %</td>
<td>5.00 %</td>
</tr>
<tr>
<td>Respiratory system disorders:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pharyngitis</td>
<td>1.29 %</td>
<td>1.34 %</td>
</tr>
</tbody>
</table>

Although statistically more common than under placebo, somnolence was mild to moderate in the majority of cases. Objective tests as demonstrated by other studies have demonstrated that usual daily activities are unaffected at the recommended daily dose in healthy young volunteers.

Adverse drug reactions at rates of 1 % or greater in children aged from 6 months to 12 years, included in placebo-controlled clinical or pharmacoclinical trials are:

<table>
<thead>
<tr>
<th>Adverse drug reactions (WHO-ART)</th>
<th>Cetirizine (n=1656)</th>
<th>Placebo (n =1294)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gastrointestinal system disorders:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diarrhoea</td>
<td>1.0 %</td>
<td>0.6 %</td>
</tr>
<tr>
<td>Psychiatric disorders:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Somnolence</td>
<td>1.8 %</td>
<td>1.4 %</td>
</tr>
<tr>
<td>Respiratory system disorders:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhinitis</td>
<td>1.4 %</td>
<td>1.1 %</td>
</tr>
<tr>
<td>Body as a whole – general disorders:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td>1.0 %</td>
<td>0.3 %</td>
</tr>
</tbody>
</table>

**Post-marketing experience**

In addition to the adverse effects reported during clinical studies and listed above, isolated cases of the following adverse drug reactions have been reported in post-marketing experience.

Undesirable effects are described according to MedDRA System Organ Class and by estimated frequency based on post-marketing experience.
Frequencies are defined as follows: Very common (≥1/10); common (≥1/100 to <1/10); uncommon (≥1/1,000 to <1/100); rare (≥1/10,000 to <1/1,000); very rare (<1/10,000), not known (cannot be estimated from the available data)

**Blood and lymphatic disorders:**
Very rare: thrombocytopenia

**Immune system disorders:**
Rare: hypersensitivity
Very rare: anaphylactic shock

**Psychiatric disorders:**
Uncommon: agitation
Rare: aggression, confusion, depression, hallucination, insomnia
Very rare: tic

**Nervous system disorders:**
Uncommon: paraesthesia
Rare: convulsions
Very rare: dysgeusia, syncope, tremor, dystonia, dyskinesia
Not known: amnesia, memory impairment

**Eye disorders:**
Very rare: accommodation disorder, blurred vision, oculogyration

**Cardiac disorders:**
Rare: tachycardia

**Gastrointestinal disorders:**
Uncommon: diarrhoea

**Hepatobiliary disorders:**
Rare: hepatic function abnormal (increased transaminases, alkaline phosphatase, gamma-glutamyltransferase and bilirubin)

**Skin and subcutaneous tissue disorders:**
Uncommon: pruritus, rash
Rare: urticaria
Very rare: angioneurotic oedema, drug eruption

**Renal and urinary disorders:**
Very rare: dysuria, enuresis

**General disorders and administration site conditions:**
Uncommon: asthenia, malaise
Rare: oedema

**Investigations:**
Rare: weight increased

**Reporting of suspected adverse reactions**
Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare professionals are asked to report any suspected adverse reactions (https://nzphvc.otago.ac.nz/reporting/).
4.9 Overdose

Symptoms and signs
Symptoms observed after an overdose of cetirizine are mainly associated with CNS effects or with
effects that could suggest an anticholinergic effect.

Adverse events reported after an intake of at least 5 times the recommended daily dose are: confusion,
diarrhoea, dizziness, fatigue, headache, malaise, mydriasis, pruritus, restlessness, sedation,
somnolence, stupor, tachycardia, tremor, and urinary retention.

Treatment
There is no known specific antidote to cetirizine.

Should overdose occur, symptomatic or supportive treatment is recommended.

Cetirizine is not effectively removed by dialysis.

For advice on the management of overdose please contact the National Poisons Centre on 0800
POISON (0800 764766).

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties
Pharmacotherapeutic group: Antihistamine for systemic use, piperazine derivatives, ATC code:
R06A E07

Cetirizine, a human metabolite of hydroxyzine, is a potent and selective antagonist of peripheral H1-
receptors. In vitro receptor binding studies have shown no measurable affinity for other than H1-
receptors.

Ex vivo experiments in mice have shown that systemically administered cetirizine does not
significantly occupy the cerebral H1-receptors.

In addition to its anti-H1 effect, cetirizine was shown to display anti-allergic activities: at a dose of 10
mg once or twice daily, it inhibits the late phase recruitment of inflammatory cells, notably
eosinophils, in the skin and conjunctiva of atopic subjects submitted to antigen challenge, and the
dose of 30 mg/day inhibits the influx of eosinophils in the bronchoalveolar lavage fluid during a late-
phase bronchial constriction induced by allergen inhalation in asthmatic subjects. Moreover,
cetirizine inhibits the late-phase inflammatory reaction induced in chronic urticaria patients by
intradermal administration of kallikrein. It also down regulates the expression of adhesion molecules,
such as ICAM-1 and VCAM-1, which are markers of allergic inflammation.

Studies in healthy volunteers show that cetirizine at doses of 5 and 10 mg strongly inhibits the wheal
and flare reactions induced by very high concentrations of histamine into the skin. The onset of
activity after a single 10 mg dose occurs within 20 minutes in 50% of the subjects and within one hour
in 95%. This activity persists for at least 24 hours after a single administration. In a 35 day study in
children aged 5 to 12, no tolerance to the antihistaminic effect (suppression of wheal and flare) of
cetirizine was found. When a treatment with cetirizine is stopped after repeated administration, the
skin recovers its normal reactivity to histamine within 3 days.

5.2 Pharmacokinetic properties
Cetirizine exhibits linear kinetics over the range of 5 to 60 mg. The terminal half-life is
approximately 10 hours and the apparent volume of distribution is 0.50 l/kg.

No accumulation is observed for cetirizine following daily doses of 10 mg for 10 days. The steady –
state maximum plasma concentration is approximately 300 ng/mL and is achieved within 1.0±0.5 h.

Plasma protein binding of cetirizine is 93±0.3%.
Cetirizine does not modify the protein binding of warfarin.

Cetirizine does not undergo extensive first pass metabolism. About two thirds of the dose are excreted unchanged in the urine.

The distribution of pharmacokinetic parameters as peak level and area under curve, is unimodal in human volunteer and no differences were observed in the kinetics of cetirizine between white and black adult males. The extent of absorption of cetirizine is not reduced with food, although the rate of absorption is decreased. The extent of bioavailability is similar when cetirizine is given as solutions, capsules or tablets.

5.3 Preclinical safety data
Non-clinical data reveal no special hazard for humans based on conventional studies of safety pharmacology, repeated dose toxicity, genotoxicity, carcinogenic potential, toxicity to reproduction.

6. PHARMACEUTICAL PARTICULARS
6.1 List of excipients
Maize starch, lactose monohydrate, pregelatinised starch, purified talc, Magnesium stearate. The film coating contains hypromellose, purified talc, titanium dioxide (E171), macrogol 6000.

Contains lactose. Patients with rare hereditary problems of galactose intolerance, (the Lapp lactase deficiency or glucose-galactose malabsorption) should not take this medicine.

6.2 Incompatibilities
Not applicable.

6.3 Shelf life
36 months

6.4 Special precautions for storage
Store below 25°C.

6.5 Nature and contents of container
PVC/Aluminium foil blister strips. Pack size of 10, 30 and 100 tablets.

6.6 Special precautions for disposal
No special requirements for disposal.

7. MEDICINE SCHEDULE
Pharmacy Only Medicine

8. SPONSOR
Teva Pharma (New Zealand) Limited
PO Box 128 244
Remuera
Auckland 1541
Telephone: 0800 800 097

9. DATE OF FIRST APPROVAL
15 May 2014

10. DATE OF REVISION OF THE TEXT
20 April 2017
## SUMMARY TABLE OF CHANGES

<table>
<thead>
<tr>
<th>Section changed</th>
<th>Summary of new information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Update to the SPC-style format</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Sponsor company name and address details updated</td>
</tr>
</tbody>
</table>