

Cetirizine

VIRIC18-0 (PHIL)

Ricam 10 mg Tablet

Antihistamine



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WHAT IS THE MEDICINE USED FOR

Used to treat the allergic symptoms of seasonal allergic rhinitis (e.g. hay fever) and perennial allergic rhinitis (allergies due to dust or pet allergies), such as sneezing, itchy, runny and blocked nose, red and watery eyes.

Used for the relief of swelling, redness and itchiness of the skin (symptoms of chronic idiopathic urticaria, which is also known as chronic nettle rash).

Used for adjunctive therapy in epinephrine and asthma medications.

HOW THE MEDICINE WORKS

It belongs to a group known as antihistamines, which act to relieve the symptoms of allergies. It works by competing with histamine for H1-receptor sites, thereby preventing the action of histamine on the cell. Its anticholinergic action provides relief of allergic conditions.

BEFORE YOU USE THE MEDICINE

When you must not use it

Do not take this medicine if:

- you are allergic to antihistamines or any of the ingredients listed at the end of this leaflet.
- you have severe kidney failure
- You have problems of urinary retention

Not recommended in newborns or premature infants.

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

Before you start to use it

Tell your doctor/pharmacist if:

- you have problems with your kidneys
- you have predisposition factors of urinary retention (eg: spinalcord lesion, prostatic hyperplasia) as cetirizine increases the risk of urinary retention.
- you suffer from epilepsy or are at risk of convulsions

Taking other medicines

Cetirizine Hydrochloride (Ricam) 10 mg Tablet may affect or be affected by other medicines you are taking. Talk to your doctor or pharmacist if you are taking any other medicines in any form including any that you buy or obtained without a prescription.

They include:

- maprotiline or tricyclic antidepressant
- MAO inhibitors
- ototoxic medications
- photosensitizing medications

Other interactions not stated may occur. Talk to your doctor or pharmacist if you have any other concerns.

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE

How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

Adult and adolescent

Oral, half to one tablet once a day, not exceeding one tablet daily.

Children 6 years of age and older

Oral, half to one tablet once a day.

Children 2 to 6 years of age

Oral, quarter of tablet once a day. The dosage may be increased to a maximum daily dose of half a tablet, given as half a table once a day or quarter of tablet every 12 hours.

Children up to 2 years of age

Safety and efficacy have not been established.

Patients with kidney and liver problems

Dosage should be decreased. Usage is not recommended in patients less than 6 years of age.

When to use it

Use as directed by your doctor or pharmacist.

How long to use it

You are advised to take Cetirizine Hydrochloride (Ricam) 10 mg Tablet as long as your doctor tells you to.

If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

If you forget to take your dose, take it as soon as you remember. Skip the missed dose if it is almost time for your next dose. Do not take double dose to make up for a forgotten dose.

If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too many tablets may cause drowsiness, dizziness, increased heartbeat, tiredness, headache, hallucinations, seizures and trouble in sleeping.

WHILE YOU ARE USING THE MEDICINE

Things you must do

Tell your doctor:

- If you experience allergic reactions/ any of the unwanted side effects while taking the medicine.
- If you become pregnant while taking this medication

Tell all the doctors, dentists and pharmacists treating you that you are taking Cetirizine Hydrochloride (Ricam) 10 mg Tablet.

Take your medicine exactly as your doctor has told you.



**Things you must not do**

Do not:

- give Cetirizine Hydrochloride (Ricam) 10 mg Tablet to anyone else even if they have the same condition as you
- take your medicine to treat any other complaints unless you are told by your doctor or pharmacist
- take more than the recommended dose unless your pharmacist or doctor tells you to
- stop taking the medicine unless advised by your doctor

Things to be careful of

Be careful when driving or operating machinery because Cetirizine Hydrochloride (Ricam) 10 mg Tablet may cause drowsiness. Avoid taking alcohol or other medications that will suppress your brain activities.

SIDE EFFECTS

Like all medicines, Cetirizine Hydrochloride (Ricam) 10 mg Tablet can cause side effects, although not everybody gets them. These effects can be serious but most of the time, they are mild and temporary.

Tell your doctor immediately if you think you are experiencing any of the following possible unwanted side effects while taking the medicine:

Common side effects

- drowsiness
- dryness of mouth, nose or throat

Uncommon side effects

- cough, difficulty swallowing
- dizziness, shortness of breath, tightness in chest
- feeling weak or generally unwell
- fast heart beat
- nightmares, unusual excitement, nervousness, restlessness or irritability
- convulsions, involuntary movements or jerking of the limbs
- hives, itching and rash
- swelling of skin particularly around the face.
- edema (generalized swelling due to water retention)
- abnormal liver function test results
- painful urination

Other unwanted side effects not listed may occur. Tell your doctor immediately.

For suspected adverse drug reaction, report to the FDA: www.fda.gov.ph

Seek medical attention immediately at the first sign of any adverse drug reaction.

STORAGE AND DISPOSAL OF THIS MEDICINE**Storage**

Keep out of reach of children.

Store at temperatures not exceeding 30°C.

Disposal

Medicines should not be disposed off via wastewater or household waste. Ask your pharmacist how to dispose off medicines that are no longer required. These measures will help to protect the environment.

PRODUCT DESCRIPTION**What it looks like?**

Oblong, white to off-white film coated tablet, bevel-edged, shallow convex and scored on one face.

Ingredients**- Active ingredients**

Each tablet contains Cetirizine hydrochloride 10mg

- Inactive ingredients

Microcrystalline cellulose
Magnesium Stearate
Crosovidone
Lactose monohydrate
Colloidal silicon dioxide
Propylene glycol
Talc
Titanium dioxide
Hydroxypropyl methylcellulose E-5
Hydroxypropyl methylcellulose E-15

Registration Number

DRP-12947

MANUFACTURED BY

Hovid Bhd.,
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31200 Chemor, Perak, Malaysia.

IMPORTED & DISTRIBUTED BY

Hovid Inc.,
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Pasig City, 1600 Philippines.

DATE OF FIRST AUTHORIZATION / RENEWAL OF AUTHORIZATION

08 November 2022

DATE OF REVISION

June 2023

