
BLIZTIN 20 MG TABLET

Bilastine

PRODUCT DESCRIPTION

A white to off-white, oval and biconvex tablet engraved with "▲" logo on one side and a score with "B" and "20" on the other side.

The score line is only to facilitate breaking for ease of swallowing and not to divide into equal doses.

PHARMACODYNAMICS

Pharmacotherapeutic group: Antihistamines for systemic use, other antihistamines for systemic use.

ATC code: R06AX29.

Mechanism of action

Bilastine is a non-sedating, long-acting histamine antagonist with selective peripheral H₁ receptor antagonist affinity and no affinity for muscarinic receptors.

Bilastine inhibited histamine-induced wheal and flare skin reactions for 24 hours following single doses.

Clinical efficacy and safety

In clinical trials performed in adult and adolescent patients with allergic rhino-conjunctivitis (seasonal and perennial), bilastine 20 mg, administered once daily for 14-28 days, was effective in relieving symptoms such as sneezing, nasal discharge, nasal itching, nasal congestion, ocular itching, tearing and ocular redness. Bilastine effectively controlled symptoms for 24 hours.

In two clinical trials performed in patients with chronic idiopathic urticaria, bilastine 20 mg, administered once daily for 28 days was effective in relieving the itching intensity and the number and size of wheals, as well as the patients discomfort due to urticaria. Patients improved their sleep conditions and their quality of life.

No clinically relevant prolongation of QTc interval or any other cardiovascular effect has been observed in the clinical trials performed with bilastine, even at doses of 200 mg daily (10 times the clinical dose) for 7 days in 9 subjects, or even when coadministered with P-gp inhibitors, such as ketoconazole (24 subjects) and erythromycin (24 subjects). Additionally, a thorough QT study including 30 volunteers has been performed.

In controlled clinical trials at the recommended dose of 20 mg once daily, the CNS safety profile of bilastine was similar to placebo and the incidence of somnolence was not statistically different from placebo. Bilastine at doses of up to 40 mg q.d. did not affect psychomotor performance in clinical trials and did not affect driving performance in a standard driving test.

Elderly patients (≥ 65 years) included in phase II and III studies showed no difference in efficacy or safety with respect to younger patients. A post-authorization study in 146 elderly patients showed no differences in the safety profile with respect to the adult population.

Paediatric population

Adolescents (12 years to 17 years) were included in the clinical development. 128 adolescents received bilastine during the clinical studies (81 in double blind studies in allergic rhino-conjunctivitis). A further 116 adolescent subjects were randomised to active comparators or placebo. No differences in efficacy and safety between adults and adolescents were seen.

PHARMACOKINETICS

Absorption

Bilastine is rapidly absorbed after oral administration with a time to maximum plasma concentration of around 1.3 hours. No accumulation was observed. The mean value of bilastine oral bioavailability is 61%.

Distribution

In vitro and *in vivo* studies have shown that bilastine is a substrate of Pgp (see section Interaction with ketoconazole, erythromycin and diltiazem) and OATP (see section Interaction with grapefruit juice). Bilastine does not appear to be a substrate of the transporter BCRP or renal transporters OCT2, OAT1 and OAT3. Based on *in vitro* studies, bilastine is not expected to inhibit the following transporters in the systemic circulation: P-gp, MRP2, BCRP, BSEP, OATP1B1, OATP1B3, OATP2B1, OAT1, OAT3, OCT1, OCT2, and NTC1, since only mild inhibition was detected for P-gp, OATP2B1 and OCT1, with an estimated IC₅₀ ≥ 300 μM, much higher than the calculated clinical plasma C_{max} and therefore these interactions will not be clinically relevant. However, based on these results inhibition by bilastine of transporters present in the intestinal mucosa, e.g. P-gp, cannot be excluded.

At therapeutic doses bilastine is 84-90% bound to plasma proteins.

Biotransformation

Bilastine did not induce or inhibit activity of CYP450 isoenzymes in *in vitro* studies.

Elimination

In a mass balance study performed in healthy adult volunteers, after administration of a single dose of 20 mg 14C- bilastine, almost 95% of the administered dose was recovered in urine (28.3%) and faeces (66.5%) as unchanged bilastine, confirming that bilastine is not significantly metabolized in humans. The mean elimination half-life calculated in healthy volunteers was 14.5 h.

Linearity

Bilastine presents linear pharmacokinetics in the dose range studied (5 to 220 mg), with a low interindividual variability.

Renal impairment

In a study in subjects with renal impairment the mean (SD) AUC_{0-∞} increased from 737.4 (±260.8) ngxh/ml in subjects without impairment (GFR: > 80 ml/min/1.73 m²) to: 967.4 (±140.2) ngxh/ml in subjects with mild impairment (GFR: 50-80 ml/min/1.73 m²), 1384.2 (±263.23) ngxh/ml in subjects with moderate impairment (GFR: 30 - <50 ml/min/1.73 m²), and 1708.5 (±699.0) ngxh/ml in subjects with severe impairment (GFR: < 30 ml/min/1.73 m²). Mean (SD) half-life of bilastine was 9.3 h (± 2.8) in subjects without impairment, 15.1 h (± 7.7) in subjects with mild impairment, 10.5 h (±2.3) in subjects with moderate impairment and 18.4 h (± 11.4) in subjects with severe impairment. Urinary excretion of bilastine was essentially complete after 48 -72 h in all subjects. These pharmacokinetic changes are not expected to have a clinically relevant influence on the safety of bilastine, since bilastine plasma levels in patients with renal impairment are still within the safety range of bilastine.

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Hepatic impairment

There are no pharmacokinetic data in subjects with hepatic impairment. Bilastine is not metabolized in humans. Since the results of the renal impairment study indicate renal elimination to be a major contributor in the elimination, biliary excretion is expected to be only marginally involved in the elimination of bilastine. Changes in liver function are not expected to have a clinically relevant influence on bilastine pharmacokinetics.

Elderly

Only limited pharmacokinetic data are available in subjects older than 65 years. No statistically significant differences have been observed with regard to PK of bilastine in elderly aged over 65 years compared to adult population aged between 18 to 35 years.

Paediatric population

No pharmacokinetic data are available in adolescents (12 years to 17 years) as the extrapolation from adult data was deemed appropriate for this product.

INDICATION

Symptomatic treatment of allergic rhino-conjunctivitis (seasonal and perennial) and urticaria.

BLIZTIN 20mg Tablet is indicated in adults and adolescents (12 years of age and over).

RECOMMENDED DOSE

Adults and adolescents (12 years of age and over)

20 mg bilastine (1 tablet) once daily for the relief of symptoms of allergic rhinoconjunctivitis (SAR and PAR) and urticaria.

The tablet should be taken one hour before or two hours after intake of food or fruit juice (see interaction with other medicinal products and other forms of interaction).

Duration of treatment

For allergic rhino-conjunctivitis the treatment should be limited to the period of exposure to allergens. For seasonal allergic rhinitis treatment could be discontinued after the symptoms have resolved and reinitiated upon their reappearance. In perennial allergic rhinitis continued treatment may be proposed to the patients during the allergen exposure periods. For urticaria the duration of treatment depends on the type, duration and course of the complaints.

Special populations

Elderly

No dosage adjustments are required in elderly patients (see sections Pharmacodynamic and Pharmacokinetic properties).

Renal impairment

Studies conducted in adults in special risk groups (renally impaired patients) indicate that it is not necessary to adjust the dose of bilastine in adults (see section Pharmacokinetic properties).

Hepatic impairment

There is no clinical experience in adult patients with hepatic impairment. However, since bilastine is not metabolized and is eliminated as unchanged in urine and feces, hepatic impairment is not expected to increase systemic exposure above the safety margin in adult patients. Therefore, no dosage adjustment is required in adult patients with hepatic impairment (see section Pharmacokinetic properties).

Paediatric population

For safety profile in children under 12 years of age, please refer to the package insert of other bilastine products intended for paediatric use for more information.

Method of administration:

Oral use.

The tablet is to be swallowed with water. It is recommended to take the daily dose in one single intake.

ROUTE OF ADMINISTRATION

Oral

CONTRAINDICATIONS

Hypersensitivity to the active substance or to any of the excipients listed in list of excipients.

WARNINGS AND PRECAUTIONS

In patients with moderate or severe renal impairment coadministration of bilastine with P-glycoprotein inhibitors, such as e.g., ketoconazole, erythromycin, cyclosporine, ritonavir or diltiazem, may increase plasmatic levels of bilastine and therefore increase the risk of adverse effects of bilastine. Therefore, coadministration of bilastine and P-glycoprotein inhibitors should be avoided in patients with moderate or severe renal impairment.

Paediatric population

For summary of safety profile in children under 12 years of age, please refer to the package insert of Bilaxten 10mg Orodispersible tablets or Bilaxten 2.5mg/ml Oral Solution for more information.

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium free'.

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INTERACTION WITH OTHER MEDICAMENTS

Interaction studies have only been performed in adults and are summarised below.

Interaction with food: Food significantly reduces the oral bioavailability of bilastine by 30%.

Interaction with grapefruit juice: concomitant intake of bilastine 20 mg and grapefruit juice decreased bilastine bioavailability by 30%. This effect may also apply to other fruit juices. The degree of bioavailability decrease may vary between producers and fruits. The mechanism for this interaction is an inhibition of OATP1A2, an uptake transporter for which bilastine is a substrate (see section Pharmacokinetic properties). Medicinal products that are substrates or inhibitors of OATP1A2, such as ritonavir or rifampicin, may likewise have the potential to decrease plasma concentrations of bilastine.

Interaction with ketoconazole or erythromycin: Concomitant intake of bilastine 20 mg o.d. and ketoconazole 400 mg o.d. or erythromycin 500 mg t.i.d. increased bilastine AUC 2-fold and C_{max} 2-3 fold. These changes can be explained by interaction with intestinal efflux transporters, since bilastine is substrate for P-gp and not metabolised (see section Pharmacokinetic properties).

These changes do not appear to affect the safety profile of bilastine and ketoconazole or erythromycin, respectively. Other medicinal products that are substrates or inhibitors of P-gp, such as cyclosporine, may likewise have the potential to increase plasma concentrations of bilastine.

Interaction with diltiazem: Concomitant intake of bilastine 20 mg o.d. and diltiazem 60 mg o.d. increased C_{max} of bilastine by 50%. This effect can be explained by interaction with intestinal efflux transporters (see section Pharmacokinetic properties) and does not appear to affect the safety profile of bilastine.

Interaction with alcohol: The psychomotor performance after concomitant intake of alcohol and 20 mg bilastine o.d. was similar to that observed after intake of alcohol and placebo.

Interaction with lorazepam: Concomitant intake of bilastine 20 mg o.d. and lorazepam 3 mg o.d. for 8 days did not potentiate the depressant CNS effects of lorazepam.

Paediatric population

Interaction studies have only been performed in adults.

PREGNANCY AND LACTATION

Pregnancy: There are no or limited amount of data from the use of bilastine in pregnant women.

Animal studies do not indicate direct or indirect harmful effects with respect to reproductive toxicity, parturition or postnatal development. As a precautionary measure, it is preferable to avoid the use of BLIZTIN during pregnancy.

Breast-feeding: The excretion of bilastine in milk has not been studied in humans. Available pharmacokinetic data in animals have shown excretion of bilastine in milk. A decision on whether to continue / discontinue breast-feeding or to discontinue/abstain from BLIZTIN therapy must be made taking into account the benefit of breast-feeding for the child and the benefit of bilastine therapy for the mother.

Fertility: There are no or limited amount of clinical data. A study in rats did not indicate any negative effect on fertility.

SIDE EFFECTS

Summary of safety profile in adults and adolescent patients

The incidence of adverse events in adult and adolescent patients suffering from allergic rhinoconjunctivitis or chronic idiopathic urticaria treated with 20 mg bilastine in clinical trials was comparable with the incidence in patients receiving placebo (12.7% versus 12.8%).

The ADRs most commonly reported by patients receiving 20 mg bilastine for the indication of allergic rhinoconjunctivitis or chronic idiopathic urticaria were headache, somnolence, dizziness, and fatigue. These adverse events occurred with a comparable frequency in patients receiving placebo.

Tabulated summary of adverse reactions in adult and adolescent patients

ADRs at least possibly related to bilastine and reported in more than 0.1% of the patients receiving 20 mg Bilastine during the clinical development are tabulated below.

System Organ Class		Bilastine 20 mg	All Bilastine Doses	Placebo
Frequency reaction	Adverse			
Infections and infestations				
<i>Uncommon</i>	<i>Oral herpes</i>	2 (0.12%)	2 (0.08%)	0 (0.0%)
Metabolism and nutrition disorders				
<i>Uncommon</i>	<i>Increased appetite</i>	10 (0.59%)	11 (0.44%)	7 (0.51%)
Psychiatric disorders				
<i>Uncommon</i>	<i>Anxiety</i>	6 (0.35%)	8 (0.32%)	0 (0.0%)
	<i>Insomnia</i>	2 (0.12%)	4 (0.16%)	0 (0.0%)
Nervous system disorders				
<i>Common</i>	<i>Somnolence</i>	52 (3.06%)	82 (3.25%)	39 (2.86%)
	<i>Headache</i>	68 (4.01%)	90 (3.56%)	46 (3.38%)

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<i>Uncommon</i>	<i>Dizziness</i>	14 (0.83%)	23 (0.91%)	8 (0.59%)
Ear and labyrinth disorders				
<i>Uncommon</i>	<i>Tinnitus</i>	2 (0.12%)	2 (0.08%)	0 (0.0%)
	<i>Vertigo</i>	3 (0.18%)	3 (0.12%)	0 (0.0%)
Cardiac disorders				
<i>Uncommon</i>	<i>Right bundle branch block</i>	4 (0.24%)	5 (0.20%)	3 (0.22%)
	<i>Sinus arrhythmia</i>	5 (0.30%)	5 (0.20%)	1 (0.07%)
	<i>Electrocardiogram QT prolonged</i>	9 (0.53%)	10 (0.40%)	5 (0.37%)
	<i>Other ECG abnormalities</i>	7 (0.41%)	11 (0.44%)	2 (0.15%)
Respiratory, thoracic and mediastinal disorders				
<i>Uncommon</i>	<i>Dyspnoea</i>	2 (0.12%)	2 (0.08%)	0 (0.0%)
	<i>Nasal discomfort</i>	2 (0.12%)	2 (0.08%)	0 (0.0%)
	<i>Nasal dryness</i>	3 (0.18%)	6 (0.24%)	4 (0.29%)
Gastrointestinal disorders				
<i>Uncommon</i>	<i>Upper abdominal pain</i>	11 (0.65%)	14 (0.55%)	6 (0.44%)
	<i>Abdominal pain</i>	5 (0.30%)	5 (0.20%)	4 (0.29%)
	<i>Nausea</i>	7 (0.41%)	10 (0.40%)	14 (1.03%)
	<i>Stomach discomfort</i>	3 (0.18%)	4 (0.16%)	0 (0.0%)
	<i>Diarrhoea</i>	4 (0.24%)	6 (0.24%)	3 (0.22%)
	<i>Dry mouth</i>	2 (0.12%)	6 (0.24%)	5 (0.37%)
	<i>Dyspepsia</i>	2 (0.12%)	4 (0.16%)	4 (0.29%)
	<i>Gastritis</i>	4 (0.24%)	4 (0.16%)	0 (0.0%)

Skin and subcutaneous tissue disorders				
<i>Uncommon</i>	<i>Pruritus</i>	2 (0.12%)	4 (0.16%)	2 (0.15%)
General disorders and administration site conditions				
<i>Uncommon</i>	<i>Fatigue</i>	14 (0.83%)	19 (0.75%)	18 (1.32%)
	<i>Thirst</i>	3 (0.18%)	4 (0.16%)	1 (0.07%)
	<i>Improved pre-existing condition</i>	2 (0.12%)	2 (0.08%)	1 (0.07%)
	<i>Pyrexia</i>	2 (0.12%)	3 (0.12%)	1 (0.07%)
	<i>Asthenia</i>	3 (0.18%)	4 (0.16%)	5 (0.37%)
Investigations				
<i>Uncommon</i>	<i>Increased gamma-glutamyltransferase</i>	7 (0.41%)	8 (0.32%)	2 (0.15%)
	<i>Alanine aminotransferase increased</i>	5 (0.30%)	5 (0.20%)	3 (0.22%)
	<i>Aspartate aminotransferase increased</i>	3 (0.18%)	3 (0.12%)	3 (0.22%)
	<i>Blood creatinine increased</i>	2 (0.12%)	2 (0.08%)	0 (0.0%)
	<i>Blood triglycerides increased</i>	2 (0.12%)	2 (0.08%)	3 (0.22%)
	<i>Increased weight</i>	8 (0.47%)	12 (0.48%)	2 (0.15%)

Frequency not known (cannot be estimated from the available data): *Palpitations, tachycardia, and hypersensitivity reactions* (such as anaphylaxis, angioedema, dyspnoea, rash, localised oedema/local swelling, and erythema), and vomiting have been observed during the post-marketing period.

Description of selected adverse reactions in adult and adolescent patients

Somnolence, headache, dizziness and fatigue were observed either in patients treated with bilastine 20 mg or with placebo. The frequency reported was 3.06 % vs. 2.86% for somnolence; 4.01% vs. 3.38% for headache; 0.83% vs. 0.59% for dizziness, and 0.83% vs. 1.32% for fatigue.

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The information collected during the post-marketing surveillance has confirmed the safety profile observed during the clinical development.

Paediatric population

During the clinical development the frequency, type and severity of adverse reactions in adolescents (12 years to 17 years) were the same as observed in adults. The information collected in this population (adolescents) during the post-marketing surveillance has confirmed clinical trial findings.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via the national reporting system listed. You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website www.npra.gov.my (Consumers→Reporting).

SYMPTOMS AND TREATMENT OF OVERDOSE

Information regarding acute overdose of bilastine is retrieved from the experience of clinical trials conducted during the development and the post-marketing surveillance. In clinical trials, after administration of bilastine at doses 10 to 11 times the therapeutic dose (220 mg as single dose or 200 mg/day for 7 days) to 26 adult healthy volunteers, frequency of treatment emergent adverse events was two times higher than with placebo. The adverse reactions most frequently reported were dizziness, headache and nausea. No serious adverse events and no significant prolongation in the QTc interval were reported. The information collected in the post-marketing surveillance is consistent with that reported in clinical trials.

Critical evaluation of bilastine's multiple dose (100 mg x 4 days) effect on ventricular repolarization by a "thorough QT/QTc cross-over study" involving 30 adult healthy volunteers did not show significant QTc prolongation.

There are no data for overdose in children.

In the event of overdose symptomatic and supportive treatment is recommended. There is no known specific antidote to bilastine.

EFFECTS ON ABILITY TO DRIVE AND USE MACHINES

A study performed in adults to assess the effects of bilastine on the ability to drive demonstrated that treatment with 20 mg did not affect the driving performance. However, as the individual response to the medicinal product may vary, patients should be advised not to drive or use machines until they have established their own response to bilastine.

STORAGE CONDITIONS

Store below 30°C.

SHELF LIFE

Please refer to the outer carton box for the expiry date.

Dosage Forms and Packaging Available

Dosage form: Tablet

Packaging available: 10 tablets in aluminium-aluminium blister, which is packed in carton box of 1 blister or 5 blisters.

Manufacturer:

Siam Bheasach Co., Ltd.,
123 Soi Chokechairuammitr, Vibhavadi-Rangsit Road, Chomphon, Chatuchak, Bangkok 10900 and
9 Soi Chokechairuammitr 3, Vibhavadi-Rangsit Road, Dindang, Dindang, Bangkok 10400, Thailand.

Product Registration Holder:

SPG Pharma (Malaysia) Sdn. Bhd.,
Suite 1701, Block A, Damansara Intan e-Business Park,
No. 1, Jalan SS20/27, 47400 Petaling Jaya, Selangor Darul Ehsan, Malaysia.

Date of revision of package insert:

31/03/25