

# POLARAX TABLET®

Dexchlorpheniramine Maleate (2mg)

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## What Polarax Tablet is used for

Polarax Tablet is used to treat the symptoms of perennial (throughout the year) and seasonal allergic rhinitis (inflammation of the mucous membrane inside the nose), vasomotor (non-allergic) rhinitis, allergic conjunctivitis (inflammation of the outer membrane of the eyeball and the inner eyelid.), mild, uncomplicated allergic skin manifestations of urticaria (a red, raised, itchy rash) and angioedema (swelling of the deeper layers of the skin), improvement of allergic reactions to blood or plasma and also dermatographism (skin becoming raised and inflamed when pressure is applied). It is also used as an add-on therapy to epinephrine for anaphylactic reactions (severe allergic reaction).

## How Polarax Tablet works

The active ingredient in the medicine is Dexchlorpheniramine Maleate. Dexchlorpheniramine maleate is anti-histamine with anti-cholinergic properties. It is capable of producing a slight to moderate sedative effect. It works by blocking a certain natural substance (histamine) that your body makes during an allergic reaction.

## Before you use Polarax Tablet

### - When you must not use it

Do not use Polarax Tablet if you:

- Are allergic to dexchlorpheniramine or other ingredients listed at the end of this leaflet
- Have lower respiratory tract symptoms
- Have acute episode of asthma
- Have urinary retention

Polarax Tablet should not be used in newborn or premature infants due to possibility of severe reactions such as convulsions.

### Pregnancy and breastfeeding.

Tell your doctor if you are or think you may be pregnant, planning to become pregnant or are breastfeeding. Polarax Tablet should be used in these situations only when clearly needed.

### - Before you start to use it

Inform your doctor if you have:-

- History of bronchial asthma
- Glaucoma (increased pressure inside the eye)
- Overactive thyroid
- Cardiovascular disease (a disease of the heart or blood vessels)
- High blood pressure

### - Taking other medicines

There are a few medicines which may interact with Polarax Tablet. It is important to tell your doctor or pharmacist about all the medicines that you are taking, including those obtained without doctor's prescription. You should talk to your doctor or pharmacist if you are on the following:-

- Monoamine oxidase (MAO) inhibitors for depression
- Alcohol, tricyclic antidepressants, barbiturates or other central nervous system depressants
- Oral anticoagulants (help prevent blood clots)

## How to use Polarax Tablet

### - How much to use

You should take Polarax Tablet exactly as advised by your doctor or pharmacist. The amount you take each day will depend on your condition. Do not take more or less than what your doctor prescribes.

The usual dose for adults and children 12 years and above: 1 tablet every 4 to 6 hours. Children 6 to 11 years: Half tablet 4 to 6 hours.

Children 2 to 5 years: Quarter tablet every 4 to 6 hours.

### - When to use it

All doses are to be taken after meals. Swallow the tablets with some water

### - How long to use it

It is important to take Polarax Tablet as long as your doctor prescribes.

### - If you forget to use it

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and

skip the missed dose. Do not take a double dose to make up for the missed 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.

Overdosage may cause sedation, apnea (temporary stoppage of breathing), reduced mental alertness, insomnia, hallucinations, tremors, convulsions, dizziness, ringing in the ear, blurred vision, dry mouth, dilated pupils and gastrointestinal symptoms

## While you are using it

### - Things you must do

- Take your medicine exactly as your doctor has told you.
- Tell all the doctors, dentists and pharmacists treating you that you are taking Polarax Tablet.
- Tell your doctor immediately if you become pregnant while taking this medication

### - Things you must not do

- Do not stop taking the medicine unless advised by your doctor.
- Do not take any new medicines without consulting your doctor.
- Do not give Polarax Tablet to anyone else, even if they have the same symptoms or condition as you.

### - Things to be careful of

Dexchlorpheniramine maleate may produce drowsiness and impair mental alertness required for the performance of potentially hazardous activities such as driving or operating machinery.

## Side effects

The possible side effects are varying from slight drowsiness to sleep and including inability to concentrate, lassitude (lack of energy), dizziness, low blood pressure, muscular weakness and in-coordination. Other side effects include nausea, vomiting, diarrhea or constipation, colic and epigastric pain, headache, blurred vision, difficulty in urinating, dryness of mouth, tightness of chest, heaviness and weakness of the hand, 'ringing' in the ears, anorexia and nightmares.

Please refer to your doctor or pharmacist if you experience any other symptoms while taking this medication.

You may report any side effect or adverse drug reaction directly to the National Centre for Adverse Drug Reaction Monitoring by calling 03-78835550, or visiting the website [portal.bpfk.gov.my](http://portal.bpfk.gov.my) (Consumers→Reporting).

### **Storage and disposal of Polarax Tablet**

#### - Storage

Store below 30°C

#### - Disposal

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

### **Product description**

#### - What it looks like

Oval, red, standard convex tablet with single score on one side only.

#### - Ingredients

- Active Ingredients

- Dexchlorpheniramine Maleate

- Inactive Ingredients

- Magnesium stearate
- Starch
- Lactose
- Cochineal Red lake E124

#### - MAL number(s)

- MAL19950543A
- MAL19861208A

### **Manufacturer**

Sunward Pharmaceutical Sdn. Bhd.  
9,11 & 17 Jalan Kempas 4,  
Taman Perindustrian Tampoi Indah,  
81200 Johor Bahru, Johor, Malaysia.

### **Product Registration Holder**

Sunward Pharmaceutical Sdn. Bhd.  
9,11 & 17 Jalan Kempas 4,  
Taman Perindustrian Tampoi Indah,  
81200 Johor Bahru, Johor, Malaysia.

### **Date of revision**

11/09/2015

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