

Montelukast 10mg

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What *Altra Tablet* is used for

Montelukast helps to treat asthma, prevent and control asthma symptoms. It is used to improve seasonal allergy (hay fever) symptoms.

It is not used for the management of acute asthma attacks.

How *Altra Tablet* works

Montelukast is a leukotriene receptors antagonist, which suppresses leukotriene from narrowing the airways.

Before you use *Altra Tablet*

- When you must not use it

Do not take this medicine if you are allergic (hypersensitivity) to the montelukast or any other ingredients in this medicine.

- Before you start use it

Tell your doctor or pharmacist if you:

- have acute asthma attacks.
- have inhaled or orally taken corticosteroids.
- are sensitive to aspirin.
- have problem with simple sugar intake (galactose intolerance, Lapp lactase deficiency, glucose-galactose malabsorption).
- are pregnant or breast-feeding.

- Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, such as phenytoin and phenobarbital (for epilepsy treatment), rifampicin (for tuberculosis and some other infections) and medicines obtained without prescription.

How to use *Altra Tablet*

- How much to use

Patients with asthma and/or hay fever:

- Adults 15 years old and above – 10mg (1 tablet) daily.

Your doctor or pharmacist will prescribe based on individual conditions.

- When to use it

Once-daily doses should be taken in the evening

- How long to use it

Follow the prescription from your doctor or pharmacist.

Ask your doctor or pharmacist before prolong use of this medicine.

- 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)

Seek immediate medical attention if you have taken too much or worried with your conditions.

While you are using it

- Things you must do

Always wash your hand before handle the tablets. Take the tablets with water and try to take at the same time each day.

- Things you must not do

Do not chew the tablets and swallow it with liquid.

Do not take this medicine by yourself without prescription from your doctor or pharmacist.

- Things to be careful of

Tell your doctor or pharmacist if you:

- are allergic to any of the ingredients in this medicine.
- develop a combination of symptoms, such as a flu-like illness, pins and needles or numbness of arms or legs, worsening of lung symptoms, and/ or rash.
- are pregnant or breast-feeding

Side effects

- Headache, respiratory tract infection, gastrointestinal disturbances, thirst, dry mouth, diarrhoea, indigestion, nausea, vomiting, generalized and abdominal pain, joint and muscle pain.
- Weakness, fever, insomnia, dizziness, sedation, abnormal heartbeat, increased sweating, nose bleeding, trembling, chest pain, abnormal skin sensation, seizures, emotional disturbances (suicidal thoughts, nightmares, anxiousness, restless, depression, hallucinations).
- Hypersensitivity reactions and liver disorders.
- Bleeding, bruising, oedema, flu-like illness, pins and needles or numbness of arms or legs, worsening of lung symptoms, and/ or rash.
- Tell your healthcare provider right away if you notice any of the following behavior and mood-related changes:
 - Obsessive-compulsive symptoms

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website nprra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of *Altra Tablet*

- Storage

Store at room temperature below 30°C. Protect from light and moisture. Keep out of the reach of children. Do not use this medicine after expiry date.

- 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

Peach, round normal convex film-coated tablet, with “M” marking on one side and plain on reverse.

Available in blister strips of 10’s in packing of 30 tablets per box.

- Ingredients

- Active ingredient(s)

Montelukast 10mg (as Montelukast Sodium).

- Inactive ingredients

Hydroxypropyl Cellulose,
Croscarmellose Sodium, Lactose,
Microcrystalline Cellulose,
Magnesium Stearate, Polyvinyl
Alcohol Polymer, Yellow Iron Oxide,
Ponceau 4R, Purified Water.

- MAL number:

MAL13035049AZ

Manufacturer and Product

Registration Holder

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