

RICAM – 10 TABLET

Cetirizine Hydrochloride (10mg)

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What RICAM-10 is used for

RICAM-10 is used for adults and children of 2 years and above to treat seasonal allergic rhinitis (pollen allergic), perennial allergic rhinitis (hay fever) and urticaria (hives) of allergic origin.

How RICAM-10 works

RICAM-10 contains Cetirizine Hydrochloride which is an antihistamine agent. Antihistamine can help to relieve the symptoms of some allergies and itchy skin rashes.

Before you use RICAM-10

- When you must not use it

Do not take this medicine if:

- You have ever had an allergic reaction to antihistamines or to any of the other ingredients (listed in later part of this leaflet).
- You have severe kidney problems. 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 if you are taking or have recently taken any other medicines, including medicines obtained without a prescription, as they may interact with RICAM-10.

- Taking other medicines

Consumption of alcohol at the same time may reduce the alertness and impairment of performance.

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

How to use RICAM-10

- How much to use

Swallow RICAM-10 with water at the recommended dose as follows:

- **Adult:**
10 mg (1 tablet) once daily.
A 5 mg starting dose (half of the tablet) may be proposed if this leads to satisfactory control of the symptoms.
- **Children aged from 2 to 6 years:**
2.5 mg twice daily.
- **Children aged from 6 to 12 years:**
5 mg (half of the tablet) twice daily.
- **Children over 12 years of age:**
10 mg (1 tablet) once daily.
- **Elderly:**
Similar dose as adult, for elderly without renal impairment problem.
- **Patients with moderate severe renal impairment:**
In case no alternative treatment can be used, dosage is given according to renal function. Please consult doctor or pharmacist for correct dosing.

- When to use it

Take the medicine everyday before meal, as long as doctor prescribed you.

If you have kidney problems you should talk to your doctor or pharmacist for advice before taking these tablets as a lower dose may be required.

- How long to use it

Take this medicine as long as doctor prescribed you.

- If you forget to take RICAM-10

It is important to take your medicine every day as regular treatment works better.

Take one as soon as you remember, unless it is nearly time to take the next dose. Never take two doses together. If your symptoms persist, see your doctor.

- If you use too much (overdose)

Contact your doctor or casualty department. Do not drive if you have taken too many tablets.

While you are using RICAM-10

- Things you must do

Take the medicine everyday as your doctor prescribed.

- Things you must not do

Do not take more than the recommended dose.

- Things to be careful of

- Be careful when drinking alcohol while taking RICAM-10, as it will decrease mental alertness.
- Do not drive or operate machinery if the tablets make you feel drowsy. At the recommended dose, RICAM-10 does not cause drowsiness in the majority of people.
- Talk to your doctor or pharmacist before taking these tablets if you have kidney problems as you may need to take a lower dose.
- If you are epileptic or at risk of convulsions (fits).
- Skin allergy or hives may occur when RICAM-10 treatment is stopped. Treatment with RICAM-10 may require to be restarted.
- If you are having an allergy skin test you need to wait 3 days after taking RICAM-10.
- If you have an enlarged prostate. It may increase the risk of having difficulty passing water.
- Pregnancy and breastfeeding: Ask your doctor or pharmacist for advice before taking any medicine. Caution when taking RICAM-10 when you are lactating.
- Driving and using machines: caution should be exercised when driving a car or operating potentially dangerous machinery.

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Side effects

Like all medicines, RICAM-10 can have side effects, but not everybody gets them.

RICAM-10 at recommended dosage has minor side effects as follows:

- Fatigue
- Dizziness
- Headache

Rare cases of problems in urinating, sight problem and dry mouth could happen when taking RICAM-10.

The following side effects may occur:

Rare:

- Aggression
- Confusion
- Depression
- Hallucination
- Insomnia (difficulty in sleeping)
- Convulsion
- Tachycardia (increase heart rate)
- Disturbance in liver function
- Urticaria

Very rare:

- Thrombocytopenia (low platelet count)
- Tic
- Dysgeusia (distortion in sense of taste)
- Faint
- Tremor
- Dystonia and dyskinesia (movement disorder)
- Sight problem
- Blurred vision
- Angioneurotic oedema
- Fixed drug eruption
- Dysuria and enuresis (difficulty in urinating)

Not known and uncommon frequency:

- Increased appetite
- Agitation
- Suicidal ideation
- Nightmare
- Paraesthesia (abnormal sensation)
- Amnesia
- Memory impairment
- Vertigo
- Diarrhea
- Hepatitis

- Pruritus and rash
- Acute generalized exanthematous pustulosis (sudden skin eruption)
- Arthralgia (joint pain)
- Urinary retention

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

Storage and Disposal of RICAM-10

- Storage

Keep out of reach of children.

Store below 30°C. Protect from direct sunlight and moisture.

- 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

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

- Ingredients

- Active ingredients

Each tablet contains 10 mg of Cetirizine Hydrochloride.

- Inactive ingredients

- Magnesium Stearate
- Colloidal Silicon Dioxide
- Lactose Monohydrate
- Microcrystalline Cellulose
- Crospovidone
- Hydroxypropyl Methylcellulose E-5
- Hydroxypropyl Methylcellulose E-15
- Talc
- Titanium Dioxide
- Propylene Glycol

- MAL Number:

MALxxxxxxxAZ

Manufacturer

HOVID Berhad
Lot 56442, 7 1/2 Miles,
Jalan Ipoh/Chemor,
31200, Chemor, Perak, Malaysia.

Product Registration Holder

HOVID Bhd.
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18/01/2021

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