

RICAM SYRUP 5MG/5ML

Cetirizine Hydrochloride (5mg/5mL)

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What Ricam is used for

It is used to treat nose mucous membrane inflammation symptoms (due to seasonal or long term allergy) and rashes of allergic origin, for adults and children of 2 years and above.

How Ricam works

This medicine 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.

Cetirizine may also have a modulatory effect on inflammatory cells by inhibiting eosinophil migration or eosinophilotactic mediators and other infiltrating inflammatory cells, such as neutrophils.

Before you use Ricam

- 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

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 are pregnant, think you are pregnant or plan to become pregnant
- you are breastfeeding or plan to breastfeed
- you suffer from epilepsy or are at risk of convulsions

- Taking other medicines

Tell your doctor or pharmacist before taking Ricam if you are taking any other medicines, including any that you buy without a prescription from pharmacy, supermarket or health food shop. The effects of some medicines may be affected if other medicines are used at the same time.

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

How to use Ricam

- 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, 5 to 10 ml once daily.

Children 2 to 6 years of age

Oral, 2.5 ml twice daily.

Children 6 years of age and older

Oral, 5 ml twice daily.

Children 12 years of age and above

Oral, 10 ml once daily

Elderly or patient with kidney or liver problem

As instructed by your doctor or pharmacist.

When to use it

Use as directed by your doctor or pharmacist.

- How long to use it

Follow the direction label carefully and as instructed by your doctor or pharmacist.

- 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 much may cause confusion, drowsiness, diarrhea, dizziness, fatigue, increased heartbeat, tiredness, headache, somnolence, feeling generally unwell, dilated pupils, itching, restlessness, sedation, tremor and difficulty passing urine.

While you are using Ricam

- 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 Ricam.

Take your medicine exactly as your doctor has told you.

- Things you must not do

Do not:

- give Ricam 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 Ricam may cause drowsiness. Avoid taking alcohol or other medications that will suppress your brain activities.

Side effects

Like all medicines, Ricam 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:

- drowsiness
- fast heart beat
- blurred vision
- diarrhea
- dry mouth
- painful or difficult urination
- urinary incontinence

- itching, rash, hives
- tiredness, lethargic, weak, generally unwell
- edema/ swelling
- anxiety, nervousness
- restlessness, irritability
- sleeplessness
- illusion,
- abnormal liver function test result
- involuntary movement / jerking of limbs
- weight gain
- headache
- convulsion
- dizziness

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

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

- Storage

Keep out of reach of children.

Store below 30°C. Protect from light.

- 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

Clear colourless liquid with Tutti-Frutti flavour

- Ingredients

- Active ingredients
Each 5 ml contains Cetirizine Hydrochloride 5 mg
- Inactive ingredients

Sucrose
Propylene Glycol
Glycerin
Sodium Citrate
Citric Acid Monohydrate
Methyl Hydroxybenzoate
Propyl Hydroxybenzoate
Tutti-Frutti Flavour

- **MAL Number(s)**
MAL18016054AZ

Manufacture

HOVID Bhd.
121, Jalan Tunku Abdul Rahman,
30010 Ipoh, Malaysia.

Product Registration Holder

HOVID Bhd.
121, Jalan Tunku Abdul Rahman,
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