

ZIRIN (CAPSULE)

Cetirizine dihydrochloride (10mg)

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WHAT ZIRIN CAPSULE ARE AND WHAT THEY ARE USED FOR

The active ingredient in ZIRIN Capsule is cetirizine dihydrochloride, which belongs to a group of medicines called antihistamines. ZIRIN Capsule are used for symptomatic relief of seasonal allergic rhinitis, perennial allergic rhinitis, and chronic idiopathic urticaria in adults and children over 12 years of age.

HOW ZIRIN CAPSULE WORKS

Cetirizine dihydrochloride, the active ingredient of ZIRIN is an antihistamine. It blocks the effects of a substance called histamine which occurs naturally in the body. Histamine is involved in allergic reactions.

Antihistamines like ZIRIN relieve the unpleasant symptoms and discomfort associated with these conditions, such as sneezing, irritated, runny and blocked up nose, itchy, red and watering eyes and skin rashes.

BEFORE YOU USE ZIRIN CAPSULE

When you must not use it

- You are allergic (hypersensitive) to cetirizine dihydrochloride
- You are allergic (hypersensitive) to any of the other ingredients of ZIRIN
- You are breast-feeding

- You have severe kidney failure (creatinine clearance less than 10 ml/min).
- You have problems of urinary retention.

If any of the above applies to you talk to your pharmacist.

Before you start to use it

Check with your pharmacist before taking ZIRIN if

- You have problems with your kidneys
- You have predisposition factors of urinary retention (eg: spinal cord lesion, prostatic hyperplasia) as cetirizine increases the risk of urinary retention.
- You suffer from epilepsy or are at risk of convulsions.
- If you are pregnant or trying to become pregnant ask your pharmacist for advice before taking ZIRIN.

Taking other medicines

- Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Driving and using machines

- Be careful when driving a motor vehicle or operating machinery.

HOW TO USE ZIRIN CAPSULE

Follow all directions given to you by your doctor or pharmacist carefully.

How much to use

Adults and children 12 years and above: Take one capsule once daily or as directed by a physician

Do not take more than one capsule each day.

- When to use it

Use as directed by your doctor or pharmacist.

- How long to use it

Continue taking ZIRIN for as long as your doctor recommends.

If you forget to use it

If you forget to take a dose, you should take one as soon as you remember, but wait at least 24 hours before taking the next dose.

If you use too much (overdose)

If you accidentally take too much go and see your doctor straightaway. Rarely, pruritus (intense itching) and/or urticaria may occur if you stop taking ZIRIN.

WHILE YOU ARE USING ZIRIN CAPSULE

Things you must do

Take your medicine exactly as your doctor has told you.

Avoid alcoholic drink while you are taking this medicine.

If you do not feel better within a few days, consult your doctor.

Tell all the doctors, dentists and pharmacists treating you that you are taking ZIRIN.

Tell your doctor immediately if you become pregnant while taking this medication.

If you have any other questions about taking this medicine, ask your pharmacist.

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 ZIRIN to anyone else, even if they have the same symptoms or condition as you.

Things to be careful of

If you are due to have an allergy test, ask your doctor if you should stop taking ZIRIN Capsule for several days before testing. This medicine may affect your allergy test results.

Some people have reported that they feel drowsy or dizzy while they are

taking ZIRIN Capsule. If you are affected do not drive or use machines.

SIDE EFFECTS

Like all medicines ZIRIN Capsule can cause side effects, although not everybody gets them.

The following side effect is very rare, but you must stop taking the medicine and speak to your doctor straight away if you notice these symptoms:

- A severe allergic reaction including rash, itchiness and fever, swollen throat, face, eyelids or lips. This reaction may start soon after you first take the medicine, or it might start later

The following side effects have also been reported.

Common side effects- Tiredness, feeling sleepy, Pain in the abdomen, Headache, Dizziness, Dry mouth, Sore throat, Nausea, Cold-like symptoms of the nose (children only), Diarrhoea (children only)

Uncommon side effects- Itching (pruritus) and rash, Tingling or numbness of the hands or feet (paraesthesia), Diarrhoea, Feeling agitated, Feeling unusually weak (asthenia) or generally unwell (malaise)

Rare side effects- Hypersensitivity, Fast heart beat (tachycardia), Oedema (generalised swelling due to water retention), Abnormal liver function test results (your doctor will know what to do), Convulsions, Increased weight, Aggression, confusion, depression, hallucination (hearing or seeing things), sleeplessness, Urticaria (hives).

Very rare side effects- Low blood platelets count (thrombocytopenia), Severe allergic reactions (anaphylactic shock), Blurred vision, difficulty focusing, Eyes having uncontrolled circular movements (oculogyration), Taste disturbance or loss of taste (dysgeusia), Fainting, Bed wetting, pain and/or difficulty passing water, Tremor, tics (uncontrolled body

movements), Uncontrollable movements (dyskinesia), Uncontrolled muscle spasm (dystonia), Serious allergic reaction which causes swelling of the face or throat (angioedema), Small patches of swelling and redness of the skin, which may blister (fixed drug eruption)

Not known side effects- Increased appetite, Nightmare, Spinning sensation (vertigo), Inflammation of the liver (hepatitis), Rash with blisters containing pus, Joint pain (arthralgia), Urinary retention (difficulty passing urine), Intense itching (pruritus) upon discontinuation.

Some cases of memory loss and/or impairment have also been reported.

In very rare cases people have thought about committing suicide and if you feel this way then stop taking ZIRIN and see your doctor.

If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

STORAGE AND DISPOSAL OF ZIRIN CAPSULE

Storage

- Keep your medicine in the original package until it is time to take.
- Keep your medicine in a cool dry place where the temperature stays below 30°C.
- Do not store medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.
- Keep this medicine out of the sight and reach of children.
- Do not take the ZIRIN Capsule after the expiry date, which is stated on the blister and carton. The expiry date refers to the last day of that month.

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, colorless, oily liquid filled in 10 minims, oval, transparent soft gelatin shell capsule.

Ingredients

Each softgel capsule contains:

Cetirizine dihydrochloride 10 mg

Inactive ingredients: Polyethylene glycol 400, Sodium hydroxide, Gelatin, Glycerin, Purified water.

MAL number

MALXXXXXXXXA

MANUFACTURER

Manufactured by:
MEGA LIFESCIENCES Public
Company Limited.
384, Moo 4, Soi 6, Pattana 3 Road,
Bangpoo Industrial Estate,
Samutprakarn 10280, Thailand

PRODUCT REGISTRATION HOLDER

MEGA LIFESCIENCES SDN BHD
B-28-02, The Ascent, Paradigm.
No.1, Jalan SS7/26A, Kelana Jaya,
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