

ALLEREZE®

Active ingredient(s): *Loratadine*

Consumer Medicine Information (CMI)

This leaflet provides important information about using ALLEREZE. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using ALLEREZE.**

Where to find information in this leaflet:

- [1. Why am I using ALLEREZE?](#)
- [2. What should I know before I use ALLEREZE?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use ALLEREZE?](#)
- [5. What should I know while using ALLEREZE?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using ALLEREZE

ALLEREZE contains the active ingredient **Loratadine**. ALLEREZE is a non-sedating antihistamine.

ALLEREZE is used to relieve the symptoms of sneezing; runny nose; watery, itchy or red eyes in the following allergic conditions:

- hayfever (also known as seasonal allergic rhinitis), which usually occurs during the warmer seasons
- perennial allergic rhinitis, which may occur throughout the year.

ALLEREZE can also be used to relieve the symptoms of hives or nettle rash (also known as chronic urticaria), which appears as a pinkish skin rash with itchy, swollen lumps.

The body releases histamine in response to substances it recognises as 'foreign', such as pollen, dust and dyes. This can cause the symptoms mentioned above. Antihistamines can relieve allergic symptoms by blocking the effects of histamine.

The severity of your condition will depend how sensitive you are to 'foreign substances'.

Ask your doctor or pharmacist if you have any questions about why ALLEREZE has been recommended.

They may have recommended ALLEREZE for another reason.

There is no evidence that ALLEREZE is addictive.

2. What should I know before I use ALLEREZE?

Warnings

Do not use ALLEREZE if:

- you are allergic to any other medicines containing:
 - loratadine (e.g. Claratyne, Clarinase, Lorastyne)
 - desloratadine (e.g. Claramax)
 - or any of the ingredients listed at the end of this leaflet.

Always check the ingredients to make sure you can use this medicine.

Some of the symptoms of an allergic reaction may include skin rash, itching or hives; swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing, wheezing or shortness of breath.

- you are giving to children under 12 years of age
- they have passed the expiry date (EXP) printed on the pack.

If you take this medicine after the expiry date, it may not work as well.

- the packaging shows signs of tampering or the tablets do not look quite right.
- you are not sure whether you should start taking this medicine, talk to your doctor or pharmacist.

Check with your doctor or pharmacist if you:

- have any other medical conditions
- take any medicines for any other condition
- are allergic to any other medicines, foods, dyes or preservatives.
- have liver problems

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

ALLEREZE is not recommended for use during pregnancy or while you are breastfeeding. Your doctor or pharmacist will discuss the risks involved.

3. What if I am taking other medicines?

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

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect ALLEREZE.

4. How do I use ALLEREZE?

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 pack, ask your doctor or pharmacist.

How much to take

- Adults and children aged 12 years and older:
- Take one tablet (10 mg) daily.

Swallow the tablet with a glass of water.

When to take ALLEREZE

ALLEREZE can be taken with or without food.

ALLEREZE can be taken when the allergic symptoms start showing:

- hayfever may begin with an itchiness in the throat, nose or eyes
- hives will usually cause your skin to itch and you may notice pink lumps appearing.

People suffering from hayfever (seasonal allergic rhinitis) are more likely to experience symptoms during spring and summer, when there is more plant pollen in the air to trigger off symptoms.

You can stop taking ALLEREZE when you obtain relief from the symptoms. It can be restarted if the symptoms recur.

If your condition does not improve or is not well controlled by ALLEREZE, speak to your doctor or pharmacist.

If you use too much ALLEREZE

If you think that you have used too much ALLEREZE, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (Australia telephone 13 11 26) for advice, or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

If you take too much ALLEREZE, you may feel sleepy, have heart palpitations or a headache.

5. What should I know while using ALLEREZE?

Things you should do

- Tell all the doctors, dentists and pharmacists who are treating you that you are taking ALLEREZE.
- If you are planning to have skin tests to find out what you are allergic to, stop taking ALLEREZE for 48 hours before the test.
ALLEREZE may interfere with the true results of the skin tests.
- If you become pregnant while taking ALLEREZE, tell your doctor.
- If you already know which substances set off your allergies, keep a supply of ALLEREZE ready so you can control the symptoms when they start appearing.
- Try to avoid contact with the substances you are allergic to.

Things you should not do

- Do not give ALLEREZE to anyone else, even if they have similar symptoms to you.
- Other people who think ALLEREZE may help their own condition should consider asking their doctor or pharmacist before taking ALLEREZE for the first time.
- Do not use ALLEREZE to treat any other conditions unless your doctor or pharmacist tells you to.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how ALLEREZE affects you.

Even though ALLEREZE is not likely to cause drowsiness you still need to be careful driving or operating machinery until you know how ALLEREZE affects you.

If dizziness, lightheadedness or fainting occurs, do not drive, operate machinery or do anything else that could be dangerous.

Looking after your medicine

- Keep your tablets in the blister pack until it is time to take them.

If you take the tablets out of the pack they will not keep well.

- Keep your tablets in a cool dry place where the temperature stays below 25 degrees C.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

- **Keep it where young children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

ALLEREZE helps most people with allergies. It is generally well tolerated but it may have unwanted side effects in some people.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

Do not be alarmed by this list of possible side effects.

You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

[Less serious/common] side effects

Less serious side effects	What to do
<ul style="list-style-type: none">• headache• feeling sleepy• fatigue• dry mouth.	Tell your doctor or pharmacist if you notice any of the more common side effects listed

Less serious side effects	What to do
	below, and they worry you

Millers Point NSW 2000

www.viatris.com.au

Phone: 1800 274 276

This leaflet was prepared in November 2021.

ALLEREZE® is a Viatris company trade mark

ALLEREZE_cmi\Nov21\00

[Serious/rare] side effects

Serious side effects	What to do
<ul style="list-style-type: none"> • sudden or severe signs of allergy such as skin rash, itching or hives • swelling of the face, lips, tongue or other parts of the body, shortness of breath, wheezing or trouble breathing. 	<p>If any of the following happen, stop taking it and tell your doctor immediately, or go to Accident and Emergency at the nearest hospital</p>

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is available over-the-counter without a doctor's prescription.

What ALLEREZE contains

Active ingredient (main ingredient)	Loratadine
Other ingredients (inactive ingredients)	<ul style="list-style-type: none"> • Lactose • microcrystalline cellulose • maize starch • pregelatinised maize starch • silicon dioxide • magnesium stearate • Opadry Clear YS-1R-7006 • carnauba wax • purified talc
Potential allergens	lactose and gluten

Do not take this medicine if you are allergic to any of these ingredients.

What ALLEREZE looks like

ALLEREZE film-coated tablets are round, white, with a scoreline on one side and marked "LR" over "10" on the reverse, packs of 10, 30 and 50 tablets. (AUST R 117492).

Who distributes ALLEREZE

Alphapharm Pty Ltd trading as Viatris

Level 1, 30 The Bond

30-34 Hickson Road