**Loratadine 10mg tablets**

**Uses**

Loratadine belongs to the class of medicines called antihistamines. It helps reduce your allergic symptoms by stopping the effects caused by the substance histamine. Loratadine can be used:

• To relieve symptoms associated with allergic rhinitis (hay fever, allergy to dust mites etc.) such as sneezing, runny or itchy nose and red teary eyes with burning or itching. You may be suffering from these symptoms all year round or only for some part of the year.

• To relieve the swollen, red, itchy patches of skin caused by prolonged episodes of skin rashes or hives (chronic idiopathic urticaria).

**Dose and method of administration**

Loratadine tablets should be swallowed whole with a drink of water. They may be taken with or without food.

Adults and children above 6 years of age with weight more than 30 kg: the usual recommended dose is one tablet (containing 10mg of loratadine) per day. If you are elderly, your dose will remain the same as that for adults.

Children 2 to 5 years of age weighing at least 30 kg should be given a dose of 5 mg loratadine per day.

Children under 2 years old: The safety and efficacy of this medicine has not been established in children under 2 years of age.

Patients with severe liver or kidney impairment: Your doctor will decide your dose based on your liver or kidney function. You will be given loratadine tablets with a lesser frequency than the usual dose for adults (every other day). Children with bodyweight less than or equal to 30 kg with severe liver or kidney disease should be given a 5mg dose of loratadine on alternate days.

*If you take more loratadine tablets*, you should consult your doctor or go to the nearest hospital casualty department immediately. Take this leaflet or some tablets with you so your doctor will know what you have taken.

*If you forget to take loratadine tablets*, take them as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take a double dose to make up for forgotten individual doses.

Take your tablets as directed and for as long as directed; do not stop them, even if you feel better, as otherwise the symptoms may return. If you have the impression that the effect of loratadine tablets is too strong or too weak, talk to your doctor or pharmacist.

**Contraindications**

Do not take loratadine tablets if: • You are allergic (hypersensitive) to loratadine or to any of the tablet ingredients (an allergic reaction may include skin rash, itching, swelling of face, lips, or hands/feet or breathing difficulties) • You are pregnant • You are breast-feeding.

**Special warnings and precautions for use**

Take special care with loratadine tablets and talk with your doctor before taking them if you suffer from severe liver or severe kidney disease. Inform your doctor even if these statements were applicable to you at any time in the past.

This medicine may interfere with the results of certain tests for skin allergy. Make sure that your doctor or nurse knows about your medicine. You will need to stop taking loratadine tablets at least 48 hours before you undergo any such tests.

**Interactions**

Inform your doctor or pharmacist if you are taking, or have recently taken, any other medicines, even those not prescribed but bought/obtained without a prescription.

The side effects of this medicine may be increased when it is given at the same time as medicines that affect the effectiveness of some enzymes responsible for the metabolism of medicines in the liver.

Avoid alcoholic beverages until you have discussed their use with your doctor.

**Undesirable side effects**

The most commonly reported side effects are: drowsiness, headache, increased appetite, trouble sleeping, dryness of mouth.

Very serious side effects - If any of the following happen, stop taking loratadine and tell your doctor immediately or go to the casualty department at your nearest hospital: rashes, hives, itching, chest constriction, shortness of breath or swelling of the face, lips, hands/feet, fever, enlarged glands in the armpit, neck and/or groin, severe skin reactions with blisters, sores or ulceration. You may have a serious allergic reaction. You may need urgent medical attention or hospitalization.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following rare side effects: yellowing of skin and whites of eyes with decreased appetite, abdominal pain (these may be manifestations of a liver problem), rapid thumping or pounding sensation in the chest with or without chest pain, breathlessness, fainting or fatigue, fits/convulsions.

**Effects on ability to drive and use machines**

Loratadine may cause drowsiness or disturbances in vision in some people. These may affect your ability to drive and use machines. Make sure you know how you react to your medicine before you drive, use machines, or engage in any other activity that could be dangerous if you are not alert.

**Pregnancy and lactation**

Talk to your doctor or pharmacist before taking this medicine. As a precaution, it is recommended not to use this medicine during pregnancy.

Do not take this medicine if you are breast-feeding. Loratadine is excreted in breast milk.

**How to store**

Keep out of reach and sight of children. Store at room temperature. Do not use loratadine tablets after the expiry date.

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