

Information for the user



One-a-Day Hayfever & Allergy Relief 10 mg Tablets (Loratadine)

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

What this medicine is for

This medicine contains Loratadine which belongs to a group of drugs called antihistamines, which act to relieve the symptoms of some allergies.

It can be used to relieve the symptoms of hayfever (e.g. sneezing, runny and itchy nose and eye irritation) and other allergies such as pet and dust allergies. It can also be used to treat raised, red itchy skin (symptoms of urticaria, which is often known as hives or nettle rash).

Before you take this medicine

This medicine can be taken by adults and children aged 12 years and over. This medicine can also be taken by children of 2 to 11 years of age who **weigh more than 30 kg** (see "How to take this medicine"). However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients in this medicine (see "What is in this medicine")
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains lactose)
- **If you are pregnant or breastfeeding**

! Talk to your pharmacist or doctor:

- If you have severe liver problems (you may need to take the medicine less often, see "How to take this medicine")

Other important information

If you are having any allergy tests, stop taking this medicine 48 hours before the test.

Driving and using machines: This medicine may make you feel dizzy and very rarely drowsy. Do not drive or operate machinery until you are sure you are not affected.

Information about some of the ingredients:

This medicine contains lactose. If you have been told by your doctor that you have an

intolerance to some sugars, contact your doctor before taking this medicine.

If you take other medicines

This medicine is not expected to affect any other medicines that you may be taking.

Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. This includes medicines taken without prescription. There is a potential for loratadine to interact with other drugs including ketoconazole, erythromycin, and cimetidine.

If you are unsure about interactions with any medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicines you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

Giving this medicine to children:

It is important to know how much your child weighs to make sure you give them the correct amount of medicine. As a guide a child of 9 years of age will weigh about 30 kg (four and a half stone). If in doubt weigh your child, then follow the instructions in the table.

Do not give to children who weigh less than 30 kg.

Do not give to children under 2 years.

Age	How many to take	How often to take
Adults and children of 12 years and over	One tablet	Once a day
Children of 2 to 11 years who weigh more than 30 kg	One tablet	Once a day
Children of 2 to 11 years who weigh less than 30 kg	Do not give this medicine. For children over 2 years of age and who weigh less than 30 kg a syrup form of this medicine may be more suitable	

If you have severe liver problems your doctor or pharmacist may advise you to take the recommended amount every other day. If this applies to you, follow their instructions.

Swallow the tablet with a drink of water.

Do not take more than the amount recommended above.

If symptoms do not go away talk to your pharmacist or doctor.

- !** **If you take too many tablets:** Talk to a doctor straight away. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you. You may get a headache, dry mouth, constipation, blurred vision, have a rapid heartbeat or feel sleepy.

Possible side effects

Most people will not have problems, but some may get some.

! If you get any of these serious side effects, stop taking the tablets. See a doctor at once:

- Difficulty in breathing, any wheezing or problems swallowing, swelling of the face, neck, tongue, throat or other parts of the body (severe allergic reactions)
- Convulsions (fits)

If you get any of the following side effects see your pharmacist or doctor:

- Other allergic reactions such as skin rash, hives or hair loss
- Feeling drowsy, dizzy or exhausted, headaches, difficulty sleeping
- Feeling sick, dry mouth, stomach pain, increased appetite
- Fast or irregular heart rate, palpitations
- Changes in the way your liver works
- For children of 2 to 11 years of age headaches, feeling exhausted or nervous were more common
- Weight increase: Frequency 'not known'.

Very rare cases have been reported for severe allergic reactions, dizziness, rapid heartbeat, palpitations, feeling sick (nausea), dry mouth, upset stomach, changes in liver function, rash, hair loss and tiredness.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

How to store this medicine

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the foil or the end flap of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

What is in this medicine

Each tablet contains Loratadine 10 mg, which is the active ingredient.

As well as the active ingredient, the tablets also contain lactose, maize starch, pregelatinised starch, magnesium stearate.

The pack contains 7, 14, 30 or 60 white oval tablets, plain on one side of the tablet and scored on the other side of the tablet with L and 10 marked either side of the score line.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Galpharm International Ltd Elmhirst Park Middle Field Road Barnsley South Yorkshire S75 4LS UK. Marketing Authorisation held by Galpharm Healthcare Ltd Wrafton Braunton Devon EX33 2DL UK.

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots One-a-Day Allergy Relief 10 mg Tablets (7, 14 or 30 tablets)

Reference number: 16028/0080

Product name: Boots One-a-Day Hayfever & Allergy Relief 10 mg Tablets (60 tablets)

Reference number: 16028/0081

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