

**BELL'S HEALTHCARE HAYFEVER AND ALLERGY RELIEF 10MG TABLETS**  
[Loratadine]

**PACKAGE LEAFLET: INFORMATION FOR THE USER**

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you. Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist, if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better if you feel worse or if your symptoms change. See section 4.

**What is in this leaflet:**

1. What Bell's Healthcare Hayfever and Allergy Relief 10mg tablets are and what they are used for
2. What you need to know before you take Bell's Healthcare Hayfever and Allergy Relief 10mg tablets
3. How to take Bell's Healthcare Hayfever and Allergy Relief 10mg tablets
4. Possible side effects
5. How to store Bell's Healthcare Hayfever and Allergy Relief 10mg tablets
6. Contents of the pack and other information

**1. What Bell's Healthcare Hayfever and Allergy Relief 10mg tablets and what they are used for**

This medicine contains Loratadine which belongs to a group of medicines called antihistamines, which act to relieve the symptoms of allergies in adults and children over the age of 2 years who weigh more than 30kg.

It can be used to relieve symptoms associated with allergic rhinitis (for example, hay fever), such as sneezing, runny or itchy nose, and burning eyes or itchy eyes. It can also be used to help relieve symptoms of urticaria (itching and redness) which is often known as hives or nettle rash.

The effect of Bell's Healthcare Hayfever and Allergy Relief 10mg Tablets will last a whole day and should help you to continue your normal daily activities and sleep.

You must talk to a doctor if you do not feel better or if you feel worse.

**2. What you need to know before you take Bell's Healthcare Hayfever and Allergy Relief 10mg tablets**

**Do not take Bell's Healthcare Hayfever and Allergy Relief 10mg tablets:**

- If you are allergic (hypersensitive) to loratadine or any of the other ingredients in this medicine (listed in section 6).
- You are pregnant or breastfeeding.

**Warnings and precautions**

Talk to your doctor, pharmacist or nurse before taking Bell's Healthcare Hayfever and Allergy Relief 10mg tablets if you:

- have liver disease or serious liver problems
- are scheduled to have any skin tests for allergies. Do not take Bell's Healthcare Hayfever and Allergy Relief 10mg tablets for two days before having these tests. This is because it may affect the test results.

If any of the above applies to you (or you are not sure), talk to your doctor, pharmacist or nurse before taking Bell's Healthcare Hayfever and Allergy Relief 10mg tablets.

**Children**

Do not give Bell's Healthcare Hayfever and Allergy Relief 10mg tablets to children younger than 2 years or to children 2 to 12 years old who weigh less than 30kg. There are other formulations more suitable for children 2 to 12 years old who weigh less than 30kg.

**Other medicines and Bell's Healthcare Hayfever and Allergy Relief 10mg tablets**

The side effects of Bell's Healthcare Hayfever and Allergy Relief 10mg tablets may increase when used together with medicines that alter the performance of some enzymes responsible for drug-metabolism in the liver. However, in clinical studies, no increase in side effects of loratadine was seen with products that altered the performance of these enzymes. Talk to your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. This includes medicines taken without a prescription.

**Bell's Healthcare Hayfever and Allergy Relief 10mg tablets with alcohol**

Bell's Healthcare Hayfever and Allergy Relief 10mg tablets have not been shown to add to the effects of an alcoholic drink.

**Pregnancy and breastfeeding**

If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

As a precautionary measure, it is preferable to avoid the use of Bell's Healthcare Hayfever and Allergy Relief 10mg tablets during pregnancy.

Do not take Bell's Healthcare Hayfever and Allergy Relief 10mg tablets if you are breast-feeding. Loratadine is excreted in breast milk.

**Driving and using machines**

In clinical trials that assessed driving ability, no impairment was observed in patients receiving loratadine. At the recommended dose, Bell's Healthcare Hayfever and Allergy Relief 10mg tablets are not expected to cause you to be drowsy or less alert.

However, very rarely some people experience drowsiness, which may affect their ability to drive or use machines.

**Bell's Healthcare Hayfever and Allergy Relief 10mg tablets contain lactose**

Bell's Healthcare Hayfever and Allergy Relief 10mg Tablets contains lactose; thus if you have been told by your doctor that you have an intolerance to some sugars talk to your doctor before taking this medicine.

**3. How to take Bell's Healthcare Hayfever and Allergy Relief 10mg tablets**

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

The score line of the tablet is only there to help you break the tablet if you have difficulty swallowing it whole.

**Giving this medicine to children**

A syrup may be preferable for children. It is important to know how much your child weighs to make sure that you give the correct amount of medicine. For example, a 9 year old child weighs about 30kg (4st 7lb). If in doubt weigh your child and then follow the instructions in the table.

Do not give to children under 2 years or who weigh 30 kg (4st 7lb) or less.

**How much to take**

Age and Weight	How much to take	How often to take
Children of 2 to 12 years who weigh more than 30kg (4ST 7lb)	1 x tablet	Once daily
Adults and children over 12 years	1 x tablet	Once daily

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 doctor or pharmacist.

**If you forget to take Bell's Healthcare Hayfever and Allergy Relief 10mg tablets**

- If you forget to take your dose, take it as soon as you remember, then continue to take it as usual.
- Do not take a double dose to make up for a forgotten dose.

**If you take more Bell's Healthcare Hayfever and Allergy Relief 10mg tablets than you should**

If you take more Bell's Healthcare Hayfever and Allergy Relief 10mg Tablets than you should, talk to your doctor or pharmacist straight away.

No serious problems are expected however, you may get a headache, have a rapid heartbeat or feel sleepy.

If you have any further questions on the use of this product, ask your doctor, pharmacist or nurse.

**4. Possible Side Effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Seek medical attention or see your doctor immediately if you experience difficulty in breathing, swelling of the face, neck, tongue or throat (these are severe allergic reactions).

The most commonly reported side effects in adults and children over 12 years of age are:

- drowsiness
- headache
- increased appetite
- difficulty sleeping

The most commonly reported side effects in children aged 2 to 12 years are:

- headache
- nervousness
- tiredness

The following very rare side effects (may affect up to 1 in 10,000 people) have also been seen during the marketing of Loratadine:

- severe allergic reaction (including swelling)
- dizziness
- fast or irregular heartbeat
- nausea (feeling sick)
- dry mouth
- upset stomach
- liver problems
- hair loss
- rash
- tiredness
- convulsion

The frequency of the following side effect is not known:

- Weight gain

**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](http://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.

**5. How to store Bell's Healthcare Hayfever and Allergy Relief 10mg tablets**

- This medicinal product does not require any special storage conditions.
- Keep this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date which is stated on the blister after Exp. The expiry date refers to the last day of the month.
- Do not use this medicine if you notice any change in the appearance of the tablet.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

**6. Contents of the pack and other information**

**What Bell's Healthcare Hayfever and Allergy Relief 10mg tablets contain:**

The active substance is loratadine. Each Bell's Healthcare Hayfever and Allergy Relief 10mg tablets contains 10mg of loratadine. The other ingredients are: Lactose monohydrate, microcrystalline cellulose, maize starch, magnesium stearate.

**What Bell's Healthcare Hayfever and Allergy Relief 10mg tablets looks like and contents of the pack**

Each tablet is white round and flat with a break line. Packs are 7, 10, 14 & 30 tablets in blister packs in cartons.

**Marketing Authorisation Holder and manufacturer**

Relonchem Limited  
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Widnes, Cheshire, WA8 0RP, UK

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