

# Labixten<sup>®</sup> Consumer Leaflet

bilastine 20 mg

## Patient information

Please read this leaflet carefully before you start taking Labixten because it contains important information for you.

This leaflet contains some common questions about Labixten. It does not take the place of talking to your healthcare professional.

All medicines have risks and benefits.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

Keep this leaflet with the medicine as you may need to read it again.

## What is in this leaflet:

1. What is Labixten used for
2. What you need to know before you take Labixten
3. How to take Labixten
4. Possible side effects
5. How to store Labixten
6. Further information

### 1. What is Labixten used for

Labixten contains the active substance bilastine which is an antihistamine. It is used to:

- relieve the symptoms of hay fever (sneezing, itchy, runny, blocked-up nose and red and watery eyes) and other forms of allergic rhinitis.
- treat itchy skin rashes (hives or urticaria).

### 2. What you need to know before you take Labixten

Do not take Labixten if you are allergic to bilastine or any of the other ingredients in this medicine listed at the end of this leaflet.

Talk to your healthcare professional before taking Labixten if you have moderate or severe renal impairment.

*Warnings and precautions:*

*Children and adolescents*

Do not give this medicine to children under 12 years of age.

*Taking other medicines*

Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription.

In particular, please discuss with your doctor if you are taking any of the following medicines:

- Ketoconazole (an antifungal medicine)
- Erythromycin (an antibiotic)
- Diltiazem (to treat angina)
- Cyclosporine (to reduce the activity of your immune system)
- Ritonavir (to treat HIV/AIDS)
- Rifampicin (an antibiotic)

*Pregnancy, breastfeeding and fertility*

There is very limited amount of data available on Labixten's use in pregnant women, during breast-feeding and on the effects on fertility.

Consult your healthcare professional before taking Labixten if you are pregnant or breastfeeding or are planning to have a baby.

*Effects on ability to drive or use machinery*

Labixten is unlikely to affect your ability to drive or use machines. However a few people may experience drowsiness so care should be taken.

### 3. How to take Labixten

Adults and children 12 years and over: Take one tablet daily with a glass of water for as long as required. Take your tablet on an empty stomach, either at least one hour before or two hours after having food or fruit juice (such as grapefruit).

Do not give this medicine to children under 12 years of age.

*When to take it*

Take Labixten at about the same time each day. Taking it at the same time each day will have the best effect.

*How long to take it*

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

**Speak to your healthcare professional if you are unsure how long you should take Labixten for. If symptoms persist, consult your healthcare professional.**

*If you forget to take it*

If you forget to take Labixten, take it as soon as you remember and then take your next tablet at the usual time.

If it is almost time for your next dose, skip the dose you missed and take the next tablet at the usual time. Do not take a double dose to make up for a forgotten dose.

*If you take too much (overdose)*

Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to Accident and Emergency at your nearest hospital, if you think that you or anyone else may have taken too much Labixten.

Do this even if there are no signs of discomfort or poisoning.

#### 4. Possible side effects

**Tell your doctor or pharmacist as soon as possible if you do not feel well while taking Labixten.**

All medicines can have side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

**Tell your healthcare professional if you notice any of the following and they worry you:**

- headache
- drowsiness
- dizziness
- mild stomach upsets such as stomach pain, belly pain, nausea or diarrhoea
- indigestion
- tiredness
- increased appetite
- increased weight
- dry or uncomfortable nose
- thirst and dry mouth
- itching
- fever
- cold sores

These are mild side effects of Labixten.

**Tell your doctor as soon as possible if you notice any of the following:**

- irregular heartbeat
- anxiety
- vertigo (a feeling of dizziness or spinning)
- difficulty in breathing
- tinnitus (ringing in the ears)

These are serious side effects of Labixten that may require medical attention.

**If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- swelling of the face, lip, mouth or throat which may cause difficulty in swallowing or breathing
- swelling and redness of the skin
- collapsing or losing consciousness

These are very serious side effects. If you notice any of them, you may have had a serious allergic reaction to Labixten. You may need urgent medical attention or hospitalisation. These side effects are rare.

#### 5. How to store Labixten

Keep this medicine out of sight and reach of children.

Do not take if the blister seal is broken. Do not take this medicine after the expiry date printed on the carton and blister.

Store in cool, dry place away from sunlight where the temperature stays below 30°C.

#### 6. Further information

Labixten tablets are white, oval, biconvex and scored. The tablets are supplied in packs of 10 and 30 tablets.

The active ingredient contained in each tablet is 20 mg of bilastine. Labixten also contains microcrystalline cellulose, sodium starch glycolate, colloidal silicon dioxide and magnesium stearate.



**MENARINI**

Labixten is supplied in New Zealand by:

A. Menarini New Zealand Pty Limited  
4 Whetu Place  
Rosedale Auckland 0632  
New Zealand  
Ph: 0800 102 349

For further information visit our website  
[www.labixten.co.nz](http://www.labixten.co.nz)

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