SCHEDULING STATUS:
S2

PROPRIETARY NAME AND DOSAGE FORM:
CETIRIZINE 10 BIOTECH film-coated tablets

COMPOSITION:
Each CETIRIZINE 10 BIOTECH film-coated tablet contains 10 mg Cetirizine dihydrochloride.
Inactive ingredients:
Tablet core: colloidal anhydrous silica, magnesium stearate, microcrystalline cellulose.
Film-coating: Opadry White Y-1-7000 consisting of: Methocel E5 premium, titanium dioxide, polyethylene glycol 400.
CETIRIZINE 10 BIOTECH contains sugar (lactose monohydrate).

PHARMACOLOGICAL CLASSIFICATION:
A 5.7.1 Medicines affecting autonomic function. Antihistaminics

PHARMACOLOGICAL ACTION:
Pharmacodynamic properties
Cetirizine is a metabolite of hydroxyzine. It is a non-sedating reversible, competitive inhibitor of histamine at the histamine-1 (H1) receptor, with anticholinergic and antiserotonergic effects. The anti-allergic activity seems to be exerted primarily via effects on the release of mediators such as histamine.
Pharmacokinetic properties
After oral administration, cetirizine is well absorbed from the gastrointestinal tract and peak plasma concentrations are reached within 1 hour. Food decreases the rate but not the extent of absorption. Pharmacokinetics are linear with plasma concentrations increasing proportionately with increasing doses. Cetirizine is highly bound to plasma proteins.
The elimination half-life in adults is 6,5 to 10 hours with an average of 8 hours. Cetirizine is eliminated faster in children and slower, with a resultant decrease in clearance and increased in half-life, in patients with hepatic or renal impairment (creatinine clearance <40 ml/min). Cetirizine is only marginally affected by first pass metabolism in the liver. The half-life in children is 5 to 6 hours. Cetirizine is excreted primarily (60 %) unchanged in the urine.

INDICATIONS:
CETIRIZINE 10 BIOTECH tablets are indicated for:
• Symptomatic relief of allergic conditions such as allergic rhinitis (hay fever).
• Allergic skin conditions such as chronic urticaria.

CONTRAINDICATIONS:
Hypersensitivity to cetirizine or to hydroxyzine, piperazine derivatives or to any of the constituents of the CETIRIZINE 10 BIOTECH.
Patients with severe renal impairment.

WARNINGS AND SPECIAL PRECAUTIONS:
Porphyria: Use with caution
CETIRIZINE 10 BIOTECH tablets may lead to drowsiness and impaired concentration, which may be aggravated by simultaneous intake of alcohol or other central nervous system depressants and therefore caution is recommended if alcohol is taken concomitantly with CETIRIZINE 10 BIOTECH. Caution is recommended when CETIRIZINE 10 BIOTECH is used in epileptic patients and patients at risk of convulsions.
The use of CETIRIZINE 10 BIOTECH is not recommended in children aged less than 6 years since this formulation does not allow for appropriate dose adaptation.
Allergy skin tests are inhibited by antihistamines and a wash-out period (of 3 days) is required before performing them.
Effects on ability to drive and use machines
Patients should be advised, particularly at the initiation of therapy, against taking charge of vehicles or machinery or performing potentially hazardous tasks where loss of concentration could lead to accidents.
CETIRIZINE 10 BIOTECH contains lactose; thus, patients with the rare hereditary conditions of galactose intolerance e.g. galactosaemia, Lapp lactase deficiency or glucose-galactose malabsorption should not take CETIRIZINE 10 BIOTECH.

INTERACTIONS:
Neither pharmacodynamic nor significant pharmacokinetic interaction was reported in interactions studies performed, notably with pseudoephedrine or theophylline (400 mg/day).
The extent of absorption of cetirizine is not reduced with food, although the rate of absorption is decreased.

PREGNANCY AND LACTATION:
Safety and efficacy in pregnancy and lactation has not been established.
Pregnancy:
CETIRIZINE 10 BIOTECH should not be used during pregnancy.
Lactation:
Cetirizine is excreted in breast milk. CETIRIZINE 10 BIOTECH should not be used when breastfeeding.

DOSAGE AND DIRECTIONS FOR USE:
Adults and children over 12 years: 10 mg once daily or 5 mg twice a day (morning and evening).
Children aged 6 to 12 years: 5 mg as a single dose
Not suitable for children less than 6 years of age.
No dose adjustment is necessary in elderly, but otherwise healthy patients.
Dosage in renal impairment:
If the creatinine clearance is between 30 – 50 ml/min, the recommended daily dose of CETIRIZINE 10 BIOTECH tablets should be halved.
Dosage in hepatic impairment:
Moderate to severe hepatic impairment warrants a 50 % dose reduction of CETIRIZINE 10 BIOTECH tablets.

SIDE EFFECTS:
CETIRIZINE 10 BIOTECH at the recommended dosage has adverse effects on the CNS, including somnolence, fatigue, dizziness and headache. In some cases, paradoxical CNS stimulation has been reported.
Micturition difficulties, eye accommodation disorders and dry mouth have been reported following the use of CETIRIZINE 10 BIOTECH.
Elevated hepatic enzymes accompanied by elevated bilirubin have been reported following the use of CETIRIZINE 10 BIOTECH. This may resolve upon discontinuation of the medicine.
Clinical trials:
Double blind controlled clinical trials comparing cetirizine to placebo or other antihistamines at the recommended dosage (10 mg daily for cetirizine), of which quantified safety data are available, included more than 3200 subjects exposed to cetirizine.
From this pooling, the following adverse reactions were reported for cetirizine 10 mg in the placebo-controlled trials:

Adverse reactions (WHO-ART)	Cetirizine 10 mg (n= 3 260)	Placebo (n = 3 061)
Body as a whole - general disorders:		
Fatigue	1,63 %	0,95 %
Central and peripheral nervous system disorders:		
Dizziness	1,10 %	0,98 %
Headache	7,42 %	8,07 %
Somnolence	9,63 %	5,00 %
Gastro-intestinal system disorders:		
Abdominal pain	0,98 %	1,08 %
Dry mouth	2,09 %	0,82 %
Nausea	1,07 %	1,14 %
Respiratory system disorders:		
Pharyngitis	1,29 %	1,34 %

Although statistically more common than under placebo, somnolence was mild to moderate in the majority of cases.
Objective tests as demonstrated by other studies have demonstrated that usual daily activities are unaffected at the recommended daily dose in healthy young volunteers.
Post-marketing experience:
In addition to the adverse reactions reported during clinical studies and listed above, the following undesirable effects have been reported in post-marketing experience.
Side Effects:
Blood and the lymphatic system disorders
Less frequent: thrombocytopenia.
Immune system disorders
Less frequent: hypersensitivity, anaphylactic shock.
Psychiatric disorders
Less frequent: agitation, aggression, confusion, depression, hallucination, insomnia.
Nervous system disorders
Less frequent: paraesthesia, convulsions, dysgeusia, dyskinesia, dystonia, syncope, tremor, drowsiness, fatigue, dizziness, headache, anxiety, nervousness, malaise.
Not known: amnesia, memory impairment.
Eye disorders
Less frequent: accommodation disorder, blurred vision, oculogyration.
Cardiac disorders
Less frequent: tachycardia.
Gastrointestinal disorders
Less frequent: diarrhoea, nausea, gastrointestinal discomfort, increased appetite, dry mouth.
Hepato-biliary disorders
Less frequent: hepatic function abnormal (increased transaminases, alkaline phosphatase, γ-GT and bilirubin).
Skin and subcutaneous tissue disorders
Less frequent: pruritis, rash, urticaria, angioneurotic oedema, fixed drug eruption.
Renal and urinary disorders
Less frequent: dysuria, enuresis.
General disorders and administrative site conditions
Less frequent: asthenia, malaise, oedema.
Investigations
Less frequent: weight increased.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:
Symptoms of overdose:
Symptoms observed after an overdose of CETIRIZINE 10 BIOTECH are mainly associated with CNS effects or with effects that could suggest an anticholinergic effect.
Adverse events reported are: confusion, diarrhoea, dizziness, fatigue, headache, malaise, mydriasis, pruritis, restlessness, sedation, somnolence, stupor, tachycardia, tremor, and urinary retention.
Management:
There is no known specific antidote to CETIRIZINE 10 BIOTECH.
Should overdose occur, symptomatic or supportive treatment is recommended. Gastric lavage should be considered following ingestion.
CETIRIZINE 10 BIOTECH is not effectively removed by dialysis.

IDENTIFICATION:
CETIRIZINE 10 BIOTECH are white to off white, round, film coated tablets scored on the one side and plain on the other.

PRESENTATION:
CETIRIZINE 10 BIOTECH tablets are available in white plastic bottles, patient ready packs or in PVC/PVDC White Opaque foil for blister packs containing 10, 20, 28, 30, 120 or 500 tablets.
All pack sizes may not necessarily be marketed at one time.

STORAGE INSTRUCTIONS:
Store at or below 25 °C.
KEEP OUT OF THE REACH OF CHILDREN.

REGISTRATION NUMBER:
37/5.7.1/0086

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE REGISTRATION CERTIFICATE:
Biotech Laboratories (Pty) Ltd.
Ground Floor, Block K West, Central Park
400 16th Road, Randjespark, Midrand, 1685
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DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION:
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Date of notification with regard to amended Reg 9 and 10:
08 September 2017

P370086-1

SKEDULERINGSTATUS:
S2

EIENDOMSNAAM EN DOSEERVORM:
CETIRIZINE 10 BIOTECH filmbedekte tablette.

SAMESTELLING:
Elke CETIRIZINE 10 BIOTECH filmbedekte tablet bevat 10 mg setirisiendihidrochloried.
Onaktiewe bestanddele:
Tabletkern: kolloïdale anhidriese silika, magnesiumstearaat, mikrokristallyne sellulose.
Filmbedekking: Opadry White Y-1-7000 bestaande uit: Methocel E5 premium, titaniumdioksied, poli-etileen glikool 400.
CETIRIZINE 10 BIOTECH bevat suiker (laktose monohidraat).

FARMAKOLOGIESE KLASSIFIKASIE:
A 5.7.1 Medikasie wat outonome funksies verrig: Antihistaminika

FARMAKOLOGIESE WERKING:
Farmakodinamiese eienskappe
Setirisien is 'n metaboliet van hidroksisien. Setirisien is 'n anti-allergiese middel, wat histamien-1 (H1) reseptorantagonisme toon met anti-cholinergiese en anti-serotonergiese effekte. Dit is 'n nie-sederende, omkeerbare histamieninhibeerder.
Farmakokinetiese eienskappe
Setirisien word goed vanuit die maagdermkanaal geabsorbeer en piek plasmakonsentrasie word binne 1 uur na mondelikse toediening bereik. Voedsel inname verminder die spoed van absorpsie maar nie graad van absorpsie nie. Die farmakokinetika is lineêr, met plasmakonsentrasies wat proporsioneel toeneem soos wat die dosis verhoog. 'n Hoë proporsie van setirisien is aan menslike plasmaproteïene gebonde.
Die eliminasie halfleeftyd in volwassenes is 6,5 tot 10 ure met 'n gemiddeld van 8 ure. Setirisien word vinniger in kinders geëlimineer en stadiger in pasiënte met ingekorte lewer en nierfunksies (kreatinienopruiming <40 ml/min) met 'n gevolglike vermindering in opruiming en verlenging in halfleeftyd. Setirisien word slegs marginaal geaffekteer deur eerste deurgang metabolisme. Die halfleeftyd in kinders is 5 tot 6 ure. Setirisien word hoofsaaklik onveranderd (60 %) in urien uitgeskei.

INDIKASIES:
CETIRIZINE 10 BIOTECH word aangedui vir:
• Simptomatiese verligting van allergiese toestande soos allergiese rinitis (hooikoors).
• Allergiese velreaksies soos urtikarie.

KONTRA-INDIKASIES:
Hipersensitiwiteit teenoor setirisien of hidroksisien, piperasien derivate of enigeen van die ander bestanddele van CETIRIZINE 10 BIOTECH.
Pasiënte met ernstige ingekorte nierfunksie.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS:
Porfirie: Gebruik met omsigtigheid.
CETIRIZINE 10 BIOTECH mag tot lomerigheid en belemmerde konsentrasie lei, wat deur die gelyktydige inname van alkohol of ander sentrale senuweestelsel depressante vererger mag word, dus word aanbeveel dat die gelyktydige inname van alkohol en CETIRIZINE 10 BIOTECH met versigtigheid gedoen word.
CETIRIZINE 10 BIOTECH moet met omsigtigheid in pasiënte met epilepsie en wat geneig is tot konvulsies gebruik word.
Die gebruik van CETIRIZINE 10 BIOTECH word nie aanbeveel vir kinders onder die ouderdom van 6 jaar, aangesien die samestelling nie voorsiening maak vir toepaslike dosisaanpassing nie.
Antihistamiene inhibeer allergiese veltoetse en 'n uitwas periode (van 3 dae) is nodig voordat toetse gedoen word.
Uitwerking op vermoë om 'n voertuig te bestuur en masjinerie te gebruik
Daar word aanbeveel dat pasiënte, veral tydens die aanvang van behandeling nie motors moet bestuur of masjinerie of gevaarlike take verrig waar belemmerde konsentrasie tot ongelukke mag lei nie.
CETIRIZINE 10 BIOTECH bevat laktose, daarom pasiënte met seldsame oorerflike toestande van laktose onverdraagsaamheid bv. galaktosemie, Lapp laktose gebrek of glukose-galaktose wanabsorpsie, behoort nie CETIRIZINE 10 BIOTECH te neem nie.

INTERAKSIES:
Geen noemenswaardige farmakodinamiese of farmakokinetiese interaksies is gerapporteer in studies uitgevoer in die interaksie tussen pseudoefedrien en teofillien nie (400 mg/dag).
Die mate van absorpsie van setirisien word nie deur voedsel verminder nie, alhoewel die absorpsiesnelheid afname toon.

SWANGERSKAP EN LAKTASIE:
Die veiligheid en effektiwiteit van CETIRIZINE 10 BIOTECH gedurende swangerskap en laktasie is nie vasgestel nie.
Swangerskap:
CETIRIZINE 10 BIOTECH moet nie tydens swangerskap gebruik word nie.
Laktasie
CETIRIZINE 10 BIOTECH word in borsmelk uitgeskei. CETIRIZINE 10 BIOTECH moet nie tydens borsvoeding gebruik word nie.

DOSIS EN GEBRUIKSAANWYSINGS:
Volwassenes en kinders 12 jaar en ouer: 10 mg een keer per dag of 5 mg tweemaal per dag (oggend en aand).
Kinders 6 tot 12 jaar oud: 5 mg as 'n enkeldosis.
Nie geskik vir kinders jonger as 6 jaar nie.
Geen dosisaanpassing is in gesonde bejaardes nodig nie.
Dosis vir nierontoereikendheid:
Indien die kreatinienopruiming tussen 30 – 50 ml/min is, moet die aanbevole daaglikse dosis van CETIRIZINE 10 BIOTECH gehalveer word.
Dosis vir lewerontoereikendheid:
Matige tot ernstige lewerontoereikendheid regverdig 'n 50 % dosis vermindering van CETIRIZINE 10 BIOTECH tablette.

NEWE-EFFEKTE:
CETIRIZINE 10 BIOTECH se aanbevole dosis het newe-effekte van die sentrale senuweestelsel, insluitend, moegheid, duiseligheid en hoofpyn. In sommige gevalle is paradoksale sentrale senuweestelsel stimulasie gerapporteer. Mikturisie, oog akkommodasie afwykings en droë mond is gerapporteer na gebruik van CETIRIZINE 10 BIOTECH.
Verhoogde hepatiese ensieme vergesel van verhoogde bilirubien is gerapporteer na aanleiding van die gebruik van CETIRIZINE 10 BIOTECH. Dit kan stabiliseer wanneer die medisyne gestaak word
Kliniese studies:
Dubbelblinde beheerde kliniese toetse wat setirisien vergelyk met placebo of ander antihistamiene teen die aanbevole dosis (10 mg per dag vir setirisien), waarvan gekwantifiseerde veiligheidsdata beskikbaar is, het meer as 3 200 pasiënte wat blootgestel is aan setirisien ingesluit.
Na aanleiding van hierdie data, is die volgende newe-effekte gerapporteer vir setirisien 10 mg in die placebo-gekontroleerde studies:

Newe-Effekte (WGO- newe-effekte terminologie)	Setirisien 10 mg (n= 3 260)	Placebo (n = 3 061)
Liggaam as 'n geheel – algemene versteurings:		
Moegheid	1,63 %	0,95 %
Sentrale en perifere senuweestelsel versteurings:		
Duiseligheid	1,10 %	0,98 %
Hoofpyn	7,42 %	8,07 %
Slaperigheid	9,63 %	5,00 %
Gastro-intestinale versteurings:		
Maagpyn	0,98 %	1,08 %
Droë mond	2,09 %	0,82 %
Naarheid	1,07 %	1,14 %
Respiratoriese versteurings:		
Faringitis	1,29 %	1,34 %

Alhoewel slaaploosheid deur placebo studie as meer dikwels aangedui word, het slaaploosheid as matig in die meeste gevalle voorgekom. Objektiewe toetse deur ander studies toon dat normale daaglikse aktiwiteite nie geaffekteer word deur die voorgestelde daaglikse dosis by gesonde jong vrywilligers nie.
Newe-effekte ondervind na bemarkingsfase:
Addisioneel tot newe-effekte gerapporteer gedurende kliniese studies en soos hierbo reeds genoem, is die volgende newe-effekte gerapporteer tydens die afloop van die bemarkingsfase.
Newe-Effekte:
Bloed- en limfstelsel versteurings
Minder gereeld: trombositopenie.
Immuunsisteem versteurings
Minder gereeld: hipersensitiwiteit, anafilaktiese skok.
Psigiatriese versteurings
Minder gereeld: agitasie, aggressiwiteit, verwarring, depressie, hallusinasies, slaaploosheid.
Senuweestelsel versteurings
Minder gereeld: parestesie, stuiptrekkings, disgeusie, diskinesie, distonie, sinkopee, bewing, slaperigheid, moegheid, duiseligheid, hoofpyn, angs, senuweeagtigheid, swakheïd/moegheid met pyn.
Frekwensie onbekend: geheueverlies, geheue inkorting.
Oogversteurings
Minder gereeld: akkommodasie afwykings, versteurde visie, opwaartse draai van die oog.
Kardiale versteurings
Minder gereeld: tagikardie.
Gastro-intestinale versteurings
Minder gereeld: diarree, naarheid, gastro-intestinale ongemak, toename in eetlus, droë mond.
Hepatobilière versteurings
Minder gereeld: abnormale lewerfunksie (verhoogde transaminase, alkaliese fosfatase, γ-GT en bilirubien).
Vel en subkutane weefselversteurings
Minder gereeld: pruritis, veluitslag, urtikarie, angioneurotiese edeem, vaste geneesmiddel uitbarsting.
Renale en urinêre versteurings
Minder gereeld: disurie, enurese.
Algemene versteurings en toestande by die toedieningsplek
Minder gereeld: astenie, swakheïd/moegheid met pyn, edeem.
Ondersoeke
Minder gereeld: gewigstoename.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN:
Simptome van oordosering:
Simptome waargeneem na oordosering van CETIRIZINE 10 BIOTECH kan hoofsaaklik geassosieer word deur effekte op die sentrale senuweestelsel of wat anticholinergiese effekte kan aandui.
Newe-effekte wat gerapporteer is: verwarring, diarree, duiseligheid, moegheid, hoofpyn, swakheïd/moegheid met pyn, midriase, pruritis, rusteloosheid, sedasie, slaaploosheid, stupor, tagikardie, bewing en urinêre retensie.
Behandeling:
Daar is geen spesifieke teenmiddel vir CETIRIZINE 10 BIOTECH nie.
In die geval van oordosering, moet maagspoeling toegepas word, saam met die gewone ondersteunende behandeling.
CETIRIZINE 10 BIOTECH word nie effektief deur dialise verwyder nie.

IDENTIFIKASIE:
CETIRIZINE 10 BIOTECH is wit tot naaswit, film bedekte tablette met keep aan een kant en glad aan die ander kant.

AANBIEDING:
CETIRIZINE 10 BIOTECH tablette is beskikbaar in wit plastiekbottels, pasiëntpakke of in deursigtige stulpstroke van PVC/PVDC wit deursigtige foelie vir stulp verpakkings wat 10, 20, 28, 30, 120 of 500 tablette bevat.
Al die verpakkingsgroottes word nie noodwendig op een slag bemark nie.
BERGINGSINSTRUKSIES:
Bewaar teen of benede 25 °C.
HOU BUITE BEREIK VAN KINDERS.

REGISTRASIENOMMER:
37/5.7.1/0086

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT:
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Suid Afrika

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