

RELIEF

Acrivastine

- This medicine is used to relieve the symptoms of hay fever and other allergic conditions such as pet allergies, dust allergies and skin reactions.
- This medicine is for use by adults and children aged 12 – 65 years.
- **Do not take this medicine:**
 - There are some people who should not use this medicine. To find out if you are one of them See Section 2 ▶
 - If you have ever had a **bad reaction** to any of the ingredients or any other antihistamine. See Section 6 for the list of ingredients ▶
- **Speak to your doctor:**
 - If you are taking any other medicines. See Section 2 ▶
- **Follow the dosage instructions carefully.** See Section 3 ▶

Now read this whole leaflet carefully before you use this medicine. Keep the leaflet: you might need it again.

1 What the medicine is for

Benadryl Allergy Relief is a medicine which is used to relieve the symptoms of hay fever and other allergic conditions such as pet or dust allergies. The capsules contain acrivastine which is an antihistamine that helps relieve allergy symptoms such as sneezing, runny nose and watery eyes.

It can also be used to treat the symptoms of urticaria, also known as hives, where the skin looks blotchy with white raised wheals (bumps) surrounded by redness. This medicine is for use in adults under 65 years old and children aged 12 years and over.

2 Before taking this medicine

This medicine is suitable for most adults under 65 years old and children aged 12 years and over but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

X Do not take this medicine...

- If you have ever had a **bad reaction** to any of the ingredients, or to the antihistamine *triprolidine*.
- If you have **kidney disease**.

If any of these apply to you, **get advice from a doctor or pharmacist without taking Benadryl Allergy Relief.**

A Talk to your doctor or pharmacist...

- If you are taking any **other medicines**, including:
 - *Sedatives or tranquillisers* (used to treat anxiety or sleep disorders).
 - *Ketoconazole* (an antifungal used to treat fungal infections).
 - *Erythromycin* (an antibiotic used to treat bacterial infections).

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist.

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist.**

A If you are pregnant or breast-feeding

- Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant or breast-feeding.

A Special warnings about this medicine

- Do not drink **grapefruit juice** while taking Benadryl Allergy Relief.
- Benadryl Allergy Relief may cause drowsiness and dizziness. Caution should be used when driving or operating machinery. If this product makes you feel drowsy or dizzy, do not drive or operate machinery. This product should not be taken whilst under the influence of alcohol.
- As with all antihistamines, it is advisable to avoid excessive alcohol consumption when taking this medicine.

A Some of the ingredients can cause problems

- This product 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.

3 How to take this medicine

Check the table over the page to see how much medicine to take.

- For oral use only.
- Do not take more than the stated dose shown in the table.

i Children under 12 years old

This medicine is not recommended for children aged under 12 years.

i Adults and Children 12 – 65 years old

Age	Dose
Adults and children 12-65 years	1 capsule up to 3 times a day.

- Do not take more than 3 doses in 24 hours.
- If symptoms persist talk to your doctor.

i Adults over 65 years

This medicine is not recommended for adults aged over 65 years old.

A If anyone has too much

If anyone has too much contact a doctor or your nearest Accident and Emergency Department (Casualty) taking this leaflet and pack with you.

A If you forget to take the medicine

If you forget to take a dose, take the next dose when needed provided that you only take a maximum of 3 capsules in 24 hours. **Do not** take a double dose.

4 Possible side-effects

Benadryl Allergy Relief can have side-effects, like all medicines, although these are rare and are usually mild.

If you experience any of the following, stop using the medicine and seek immediate medical help:

Unknown

- Sudden signs of allergy, including face swelling, shortness of breath or trouble breathing.

If you experience any of the following, speak to your doctor:

Unknown

- rash

Other effects which may occur:

Very common: affects more than 1 user in every 10

- drowsiness

Common: affects 1 to 10 users in 100

- Dry mouth

Unknown

- Dizziness

If you experience any side-effects not included in this leaflet or are not sure about anything, **talk to your doctor or pharmacist.**

Also, you can help to make sure that medicines remain as safe as possible by reporting any unwanted side-effects via the internet at: www.mhra.gov.uk/yellowcard; alternatively you can call freephone 0800 1003352 (available between 10am - 2pm Monday to Friday) or fill in the paper form available from your local pharmacy.

5 Storing this medicine

Store below 30°C.

Keep the product dry and store in the original packaging. Keep this product out of the reach and sight of children. Do not use after the date shown as an expiry date on the packaging.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.

6 Further Information

What's in this medicine?

The active ingredients in Benadryl Allergy Relief are: 8 mg Acrivastine in each capsule.

Other ingredients are: Lactose, sodium starch glycollate, magnesium stearate, gelatin, colouring (E171) and purified water.

What the medicine looks like

Benadryl Allergy Relief are white capsules available in packs of 12 or 24 capsules.

Product Licence holder:

McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

Manufacturer:

Janssen-Cilag, Domaine de Maigremont, 27100 Val de Reuil, France.