

**PACKAGE LEAFLET: INFORMATION FOR THE USER**  
**Cinjalair 10 mg film-coated tablets**  
Montelukast

**Read all of this leaflet carefully before you start taking this medicine.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, please ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

**In this leaflet:**

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**1. What Cinjalair is and what it is used for**

Cinjalair is a leukotriene receptor antagonist that blocks substances called leukotrienes. Leukotrienes cause narrowing and swelling of airways in the lungs and also cause allergy symptoms. By blocking leukotrienes, montelukast 10 mg improves asthma symptoms, helps control asthma and improves seasonal allergy symptoms (also known as hay fever or seasonal allergic rhinitis).

Your doctor has prescribed Cinjalair to treat asthma, preventing your asthma symptoms during the day and night.

- Cinjalair is used for the treatment of patients who are not adequately controlled on their medication and need additional therapy.
- Cinjalair also helps prevent the narrowing of airways triggered by exercise.
- In those asthmatic patients in whom Cinjalair is indicated in asthma, Cinjalair can also provide symptomatic relief of seasonal allergic rhinitis.

Your doctor will determine how Cinjalair should be used depending on the symptoms and severity of your asthma.

**What is asthma?**

Asthma is a long-term disease.

Asthma includes:

- Difficulty breathing because of narrowed airways. This narrowing of airways worsens and improves in response to various conditions.
- Sensitive airways that react to many things, such as cigarette smoke, pollen, cold air, or exercise.
- Swelling (inflammation) in the lining of the airways.

Symptoms of asthma include: Coughing, wheezing, and chest tightness.

**What are seasonal allergies?**

Seasonal allergies (also known as hay fever or seasonal allergic rhinitis) are an allergic response often caused by airborne pollens from trees, grasses and weeds. The symptoms of seasonal allergies typically may include: stuffy, runny, itchy nose; sneezing; watery, swollen, red, itchy eyes.

**2. Before you take Cinalair**

Tell your doctor about any medical problems or allergies you have now or have had.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

**Do not take Cinalair if you**

- are allergic (hypersensitive) to montelukast or any of the other ingredients of Cinalair (see 6. Further information).

**Take special care with Cinalair**

- If your asthma or breathing gets worse, tell your doctor immediately.
- Oral Cinalair is not meant to treat acute asthma attacks. If an attack occurs, follow the instructions your doctor has given you. Always have your inhaled rescue medicine for asthma attacks with you.
- It is important that you or your child take all asthma medications prescribed by your doctor. Cinalair should not be substituted for other asthma medications your doctor has prescribed for you.
- Any patient on anti-asthma medicines should be aware that if you develop a combination of symptoms such as a flu-like illness, pins and needles or numbness of arms or legs, worsening of pulmonary symptoms, and/or rash, you should consult your doctor.
- You should not take acetyl-salicylic acid (aspirin) or anti-inflammatory medicines (also known as non-steroidal anti-inflammatory drugs or NSAIDs) if they make your asthma worse.

**Use in children**

For children 2 to 5 years old, montelukast 4 mg chewable tablets are available.

For children 6 to 14 years old, montelukast 5 mg chewable tablets are available.

**Taking other medicines**

Some medicines may affect how Cinalair works, or Cinalair may affect how other medicines work.

Please tell your doctor or pharmacist if you are taking or have recently taken other medicines, including those obtained without a prescription.

Tell your doctor if you are taking the following medicines before starting Cinalair:

- phenobarbital (used for treatment of epilepsy)
- phenytoin (used for treatment of epilepsy)
- rifampicin (used to treat tuberculosis and some other infections)
- gemfibrozil (used for treatment of high lipid levels in plasma)

**Taking Cinalair with food and drink**

Cinalair 10 mg may be taken with or without food.

**Pregnancy and breast-feeding***Use in pregnancy*

Women who are pregnant or intend to become pregnant should consult their doctor before taking Cinfalair. Your doctor will assess whether you can take Cinfalair during this time.

*Use in breast-feeding*

It is not known if Cinfalair appears in breast milk. You should consult your doctor before taking Cinfalair if you are breast-feeding or intend to breast-feed.

**Driving and using machines**

Cinfalair is not expected to affect your ability to drive a car or operate machinery. However, individual responses to medication may vary. Certain side effects (such as dizziness and drowsiness) that have been reported very rarely with Cinfalair may affect some patients' ability to drive or operate machinery.

**Important information about some of the ingredients of Cinfalair**

10 mg film-coated tablets contain lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

**3. How to take Cinfalair**

- You should take only one tablet of Cinfalair once a day as prescribed by your doctor.
- It should be taken even when you have no symptoms or have an acute asthma attack.
- Always take Cinfalair as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.
- To be taken by mouth

**For adults 15 years of age and older:**

One 10 mg tablet to be taken daily in the evening.

Cinfalair 10 mg may be taken with or without food.

If you are taking Cinfalair, be sure that you do not take any other products that contain the same active ingredient, montelukast.

**If you take more Cinfalair than you should**

Contact your doctor immediately for advice.

There were no side effects reported in the majority of overdose reports. The most frequently occurring symptoms reported with overdose in adults and children included abdominal pain, sleepiness, thirst, headache, vomiting, and hyperactivity.

**If you forget to take Cinfalair**

Try to take Cinfalair as prescribed. However, if you miss a dose, just resume the usual schedule of one tablet once daily.

Do not take a double dose to make up for a forgotten dose.

**If you stop taking Cinfalair**

Cinfalair can treat your asthma only if you continue to take it.

It is important to continue taking Cinfalair for as long as your doctor prescribes. It will help control your asthma.

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

**4. Possible side effects**

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

In clinical studies with Cinfalair 10 mg film-coated tablets, the most commonly reported side effects (occurring in at least 1 of 100 patients and less than 1 of 10 patients treated) thought to be related to Cinfalair were:

- Abdominal pain.
- Headache.

These were usually mild and occurred at a greater frequency in patients treated with Cinfalair than placebo (a pill containing no medication).

The frequency of possible side effects listed below is defined using the following convention:

Very common (affects at least 1 user in 10).

Common (affects 1 to 10 users in 100).

Uncommon (affects 1 to 10 users in 1.000).

Rare (affects 1 to 10 users in 10.000).

Very rare (affects less than 1 user in 10.000).

Additionally, while the medicine has been on the market, the following have been reported:

- Upper respiratory infection (*very common*).
- Increased bleeding tendency (*rare*).
- Allergic reactions including swelling of the face, lips, tongue, and/or throat which may cause difficulty in breathing or swallowing (*uncommon*).
- Behaviour and mood related changes [dream abnormalities, including nightmares, trouble sleeping, sleep walking, irritability, feeling anxious, restlessness, agitation including aggressive behaviour or hostility, depression (*uncommon*); tremor, disturbance in attention, memory impairment (*rare*); hallucinations, disorientation, suicidal thoughts and actions (*very rare*)].
- Dizziness, drowsiness, pins and needles/numbness, seizure (*uncommon*).
- Palpitations (*rare*).
- Nosebleed (*uncommon*).
- Diarrhoea, nausea, vomiting (*common*); dry mouth, indigestion (*uncommon*).
- Hepatitis (inflammation of the liver) (*very rare*).
- rash (*common*); bruising, itching, hives (*uncommon*), tender red lumps under the skin most commonly on your shins (erythema nodosum), severe skin reactions (erythema multiforme) that may occur without warning (*very rare*).
- Joint or muscle pain, muscle cramps (*uncommon*).
- Fever (*common*); *weakness/tiredness*, feeling unwell, swelling (*uncommon*).

In asthmatic patients treated with montelukast, very rare cases of a combination of symptoms such as flu-like illness, pins and needles or numbness of arms and legs, worsening of pulmonary symptoms and/or rash (Churg-Strauss syndrome) have been reported. You must tell your doctor right away if you get one or more of these symptoms.

Ask your doctor or pharmacist for more information about side effects. If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

## **5. How to store Cinfalair**

- Keep out of the reach and sight of children.
- Do not use this medicine after the date shown by the six numbers following EXP on the blister. The first two numbers indicate the month; the last four numbers indicate the year. This medicine expires at the end of the month shown.

- Do not store above 30°C.
- Store in the original package in order to protect from light and moisture.
- 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 to protect the environment.

## **6. Further information**

### **What Cinfalair contains**

- The active substance is: montelukast. Each tablet contains montelukast sodium which corresponds to 10 mg of montelukast.
- The other ingredients are: Microcrystalline cellulose, Lactose monohydrate, Sodium starch glycolate, Low-substituted Hydroxypropyl-cellulose (E-463), Hydroxypropylcellulose and Magnesium stearate.

Film coating:

Hypromellose, Macrogol 6000, Titanium dioxide (E 171), Talc, Red and yellow iron oxide (E 172).

### **What Cinfalair looks like and contents of the pack**

Cinfalair 10 mg film-coated tablets are Cream-colored rounded biconvex and engraved film-coated tablets.

**Cinfalair 10 mg** is supplied in packages containing 28 tablets (in 7 tablets blister-packs).

### **Manufacturer and Marketing Authorisation Holder**

LABORATORIOS CINFA, S.A.

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**This package leaflet was last revised in August 2013**

#### **This is medicament**

- A medicament is a product which affects your health, and its consumption contrary to instruction is dangerous for you.
- Strictly follow the doctor's prescription, the method of use, and the instruction of the pharmacist who sold the medicament .
- The doctor and the pharmacist are experts in medicine, its benefits and risks.
- Do not interrupt the treatment period without consulting your physician.
- Do not repeat the same prescription without consulting your doctor.
- Keep medication out of reach & sight of children

**Council of Arab Health Ministers and  
Union of Arab Pharmacists.**