

# Destamin® 5 mg film-coated tablets

desloratadine

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- 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.

**What is in this leaflet**

1. What Destamin is and what it is used for
2. What you need to know before you take Destamin
3. How to take Destamin
4. Possible side effects
5. How to store Destamin
6. Contents of the pack and other information

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

**What Destamin is**  
Destamin contains desloratadine which is an antihistamine.

**How Destamin works**  
Destamin is an antiallergy medicine that does not make you drowsy. It helps control your allergic reaction and its symptoms.

**When Destamin should be used**  
Destamin relieves symptoms associated with allergic rhinitis (inflammation of the nasal passages caused by an allergy, for example, hay fever or allergy to dust mites) in adults and adolescents 12 years of age and older. These symptoms include sneezing, runny or itchy nose, itchy palate, and itchy, red or watery eyes.

Destamin is also used to relieve the symptoms associated with urticaria (a skin condition caused by an allergy). These symptoms include itching and hives.

Relief of these symptoms lasts a full day and helps you to resume your normal daily activities and sleep.

**2. What you need to know before you take Destamin**

**Do not take Destamin**  
- if you are allergic to desloratadine, or any of the other ingredients of this medicine (listed in section 6) or to loratadine.

**Warnings and precautions**  
Talk to your doctor, pharmacist or nurse before taking Destamin:  
- if you have poor kidney function.  
- if you have medical or familial history of seizures.

**Use in children and adolescents**  
Do not give this medicine to children less than 12 years of age.

**Other medicines and Destamin**  
There are no known interactions of Destamin with other medicines.  
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

**Destamin with food, drink and alcohol**  
Destamin may be taken with or without a meal. Use caution when taking Destamin with alcohol.

**Pregnancy, breast-feeding and fertility**  
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor, or pharmacist for advice before taking this medicine. Taking Destamin is not recommended if you are pregnant or nursing a baby.

**Fertility**  
There is no data available on male/female fertility.

**Driving and using machines**  
At the recommended dose, this medicine is not expected to affect your ability to drive or use machines. Although most people do not experience drowsiness, it is recommended not to engage in activities requiring mental alertness, such as driving a car or operating machinery until you have established your own response to the medicinal product.

**3. How to take Destamin**

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

**Adults and adolescents 12 years of age and over**  
The recommended dose is one tablet once a day with water, with or without food.

This medicine is for oral use. Swallow the tablet whole.

Regarding the duration of treatment, your physician will determine the type of allergic rhinitis you are suffering from and will determine for how long you should take Destamin.  
If your allergic rhinitis is intermittent (presence of symptoms for less than 4 days per week or for less than 4 weeks), your physician will recommend you a treatment schedule that will depend on the evaluation of the history of your disease.  
If your allergic rhinitis is persistent (presence of symptoms for 4 days or more per week and for more than 4 weeks), your physician may recommend you a longer term treatment.

For urticaria, the duration of treatment may be variable from patient to patient and therefore you should follow the instructions of your physician.

**If you take more Destamin than you should**  
Take Destamin only as it is prescribed for you. No serious problems are expected with accidental overdose.  
However, if you take more Destamin than you were told to, tell your doctor, pharmacist or nurse immediately.

**If you forget to take Destamin**  
If you forget to take your dose on time, take it as soon as possible and then go back to your regular dosing schedule. Do not take a double dose to make up for a forgotten dose.

**If you stop taking Destamin**  
If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.

**4. Possible side effects**

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

During the marketing of desloratadine, cases of severe allergic reactions (difficulty in breathing, wheezing, itching, hives and swelling) have been reported very rarely. If you notice any of these serious side effects, stop taking the medicine and seek urgent medical advice straight away.

In clinical studies in adults, side effects were about the same as with a dummy tablet. However, fatigue, dry mouth and headache were reported more often than with a dummy tablet. In adolescents, headache was the most commonly reported side effect.

In clinical studies with desloratadine, the following side effects were reported as: Common: the following may affect up to 1 in 10 people  
- fatigue  
- dry mouth  
- headache

**Adults**  
During the marketing of desloratadine, the following side effects were reported as:

Very rare: the following may affect up to 1 in 10,000 people  
- severe allergic reactions  
- rash  
- pounding or irregular heartbeat  
- fast heartbeat  
- stomach ache  
- feeling sick (nausea)  
- vomiting  
- upset stomach  
- diarrhoea  
- dizziness  
- drowsiness  
- inability to sleep  
- muscle pain  
- hallucinations  
- seizures  
- restlessness with increased body movement  
- liver inflammation  
- abnormal liver function tests

Not known: frequency cannot be estimated from the available data  
- unusual weakness  
- yellowing of the skin and/or eyes  
- increased sensitivity of the skin to the sun, even in case of hazy sun, and to UV light, for instance to UV lights of a solarium  
- changes in the way the heart beats  
- abnormal behaviour  
- aggression  
- weight increased, increased appetite

**Children**  
Not known: frequency cannot be estimated from the available data  
- slow heartbeat  
- change in the way the heart beats  
- abnormal behaviour  
- aggression

**Reporting of side effects**  
If you get any side effects, talk to your doctor. This includes any possible side effects not listed in this leaflet. You can also report side effects directly (see details below). By reporting side effects, you can help provide more information on the safety of this medicine.

**5. How to store Destamin**

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 carton and blister after EXP. The expiry date refers to the last day of that month.

Do not store above 30°C. Store in the original package.

Do not use this medicine if you notice any change in the appearance of the tablets.

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 Destamin contains**  
- The active substance is desloratadine 5 mg  
- The other ingredients of the tablet are:  
  **Core:** anhydrous sodium carbonate, microcrystalline cellulose (E-460i), maize starch, talc, sodium croscarmellose and magnesium stearate.  
  **Coating:** polyvinyl alcohol, titanium dioxide (E-171), talc, polyethyleneglycol, macrogol (Opadry II White) and indigotin (E-132).

**What Destamin looks like and contents of the pack**  
Destamin 5 mg film-coated tablets are blue, cylindrical, biconvex and engraved with code "DL".

Destamin 5 mg film-coated tablets are packed in blisters in packs of 20 tablets.  
Each pack contains 2 blisters of 10 tablets.

**Marketing Authorisation Holder and Manufacturer**  
Laboratorios Cinfa, S.A.  
Carretera Olaz-Chipi, 10. Polígono Industrial Areta  
31620 Huarte (Navarra) - Spain

**This leaflet was last revised in December 2017.**

To Report any side effect(s):  
**The National Pharmacovigilance & Drug Safety Centre (NPC)**  
- Fax: +966-11-205-7662  
- Call NPC at +966-11-2038222, Exts: 2317-2356-2353-2354-2334-2340.  
- Toll free phone: 8002490000  
- E-mail: npc.drug@sfa.gov.sa  
- Website: www.sfa.gov.sa/npc

**This is a Medicament**

- Medicament is a product which affects your health and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are the experts in medicines, their benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep all medicaments out of reach of children.

Council of Arab Health Ministers  
Union of Arab Pharmacists

