

# Cinfa Paediatric 4 mg Granules

montelukast

Read all of this leaflet carefully before you give this medicine to your child because it contains important information.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for your child only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as your child's.
- If your child gets any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

## What is in this leaflet

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

### 1. What Cinfa Paediatric is and what it is used for

#### What Cinfa Paediatric is

Cinfa Paediatric is a leukotriene receptor antagonist that blocks substances called leukotrienes.

#### How Cinfa Paediatric works

Leukotrienes cause narrowing and swelling of airways in the lungs. By blocking leukotrienes, Cinfa Paediatric improves asthma symptoms and helps control asthma.

#### When Cinfa Paediatric should be used

Your doctor has prescribed Cinfa Paediatric to treat your child's asthma, preventing asthma symptoms during the day and night.

- Cinfa Paediatric is used for the treatment of 6 months to 5 year old patients who are not adequately controlled on their medication and need additional therapy.
- Cinfa Paediatric may also be used as an alternative treatment to inhaled corticosteroids for 2 to 5 year old patients who have not recently taken oral corticosteroids for their asthma and have shown that they are unable to use inhaled corticosteroids.
- Cinfa Paediatric also helps prevent the narrowing of airways triggered by exercise for patients 2 years of age and older.

Your doctor will determine how Cinfa Paediatric should be used depending on the symptoms and severity of your child's 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.

### 2. What you need to know before your child takes Cinfa Paediatric

Tell your doctor about any medical problems or allergies your child has now or has had.

#### Do not give Cinfa Paediatric to your child

- if he/she is allergic to montelukast or any of the other ingredients of this medicine (listed in section 6).

#### Warnings and precautions

Talk to your doctor or pharmacist before you give Cinfa Paediatric to your child.

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

Patients should be aware that various neuropsychiatric events (for example behaviour and mood-related changes) have been reported in adults, adolescents and children with Cinfa (see section 4). If your child develops such symptoms while taking Cinfa, you should consult your child's doctor.

#### Children and adolescents

Do not give this medicine to children less than 6 months of age.

There are different form(s) of this medicine available for paediatric patients under 18 years of age based on age range.

#### Other medicines and Cinfa Paediatric

Tell your doctor or pharmacist if your child is taking or has recently been given or might be given any other medicines including those obtained without a prescription.

Some medicines may affect how Cinfa Paediatric works, or Cinfa Paediatric may affect how your child's other medicines work.

Tell your doctor if your child is taking the following medicines before starting Cinfa Paediatric:

- phenobarbital (used for treatment of epilepsy)
- phenytoin (used for treatment of epilepsy)
- rifampicin (used to treat tuberculosis and some other infections)

#### Cinfa Paediatric with food and drink

Cinfa Paediatric granules can be taken without regard to the timing of food intake.

#### Pregnancy and breast-feeding

This subsection is not applicable for the Cinfa Paediatric 4 mg granules since they are intended for use in children 6 months to 5 years of age.

#### Driving and using machines

This subsection is not applicable for the Cinfa Paediatric 4 mg granules since they are intended for use in children 6 months to 5 years of age, however the following information is relevant to the active ingredient, montelukast.

Cinfa 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 with Cinfa may affect some patients' ability to drive or operate machinery.

#### Cinfa contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per sachet, that is to say essentially 'sodium-free'.

### 3. How to take Cinfa Paediatric

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

- This medicine is to be given to a child under adult supervision. Your child should take Cinfa Paediatric every evening.
- It should be taken even when your child has no symptoms or if he/she has an acute asthma attack.

#### For children 6 months to 5 years of age:

The recommended dose is one sachet of Cinfa Paediatric 4 mg granules to be taken by mouth each evening.

If your child is taking Cinfa Paediatric, be sure that your child does not take any other products that contain the same active ingredient, montelukast.

#### How should I give Cinfa Paediatric granules to my child?

This medicine is for oral use.

- Do not open the sachet until ready to use
- Cinfa Paediatric granules can be given either:
  - directly in the mouth;
  - OR mixed with a spoonful of cold or room temperature soft food (for example, applesauce, ice cream, carrots and rice).
- Mix all of the contents of the Cinfa Paediatric granules into a spoonful of cold or room temperature soft food, taking care to see that the entire dose is mixed with the food. Be sure the child is given the entire spoonful of the granule/food mixture immediately (within 15 minutes). IMPORTANT: Never store any granule/food mixture for use at a later time.
- Cinfa Paediatric granules are not intended to be dissolved in liquid. However, your child may take liquids after swallowing the Cinfa Paediatric granules.
- Cinfa Paediatric granules can be taken without regard to the timing of food intake.

#### If your child takes more Cinfa Paediatric than he/she should

Contact your child's 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 give Cinfa Paediatric to your child

Try to give Cinfa Paediatric as prescribed. However, if your child misses a dose, just resume the usual schedule of one sachet once daily.

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

#### If your child stops taking Cinfa Paediatric

Cinfa Paediatric can treat your child's asthma only if he/she continues taking it.

It is important for your child to continue taking Cinfa Paediatric for as long as your doctor prescribes. It will help control your child's asthma.

If you have any further questions on the use of this medicine, ask your child's doctor or pharmacist.

### 4. Possible side effects

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

In clinical studies with Cinfa Paediatric 4 mg granules, the most commonly reported side effects (may affect up to 1 in 10 people) thought to be related to Cinfa Paediatric were:

- diarrhoea
- hyperactivity
- asthma
- scaly and itchy skin
- rash

Additionally, the following side effects were reported in clinical studies with either Cinfa 10 mg film-coated tablets, Cinfa Paediatric 5 mg or 4 mg chewable tablets:

- abdominal pain
- headache
- thirst

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

#### Serious side effects

**Talk with your doctor immediately** if you notice any of the following side effects, which may be serious, and for which you may need urgent medical treatment.

- Uncommon: the following may affect up to 1 in 100 people
- allergic reactions including swelling of the face, lips, tongue, and/or throat which may cause difficulty in breathing or swallowing
  - behaviour and mood related changes: agitation including aggressive behaviour or hostility, depression
  - seizure

Rare: the following may affect up to 1 in 1,000 people

- increased bleeding tendency
- tremor
- palpitations

Very rare: the following may affect up to 1 in 10,000 people

- 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) (see section 2)
- low blood platelet count
- behaviour and mood related changes: hallucinations, disorientation, suicidal thoughts and actions
- swelling (inflammation) of the lungs
- severe skin reactions (erythema multiforme) that may occur without warning
- inflammation of the liver (hepatitis)

#### Other side effects while the medicine has been on the market

Very common: the following may affect more than 1 in 10 people

- upper respiratory infection

Common: the following may affect up to 1 in 10 people

- diarrhoea, nausea, vomiting
- rash
- fever
- elevated liver enzymes

Uncommon: the following may affect up to 1 in 100 people

- behaviour and mood related changes: dream abnormalities, including nightmares, trouble sleeping, sleepwalking, irritability, feeling anxious, restlessness
- dizziness, drowsiness, pins and needles/numbness
- nosebleed
- dry mouth, indigestion
- bruising, itching, hives
- joint or muscle pain, muscle cramps
- bedwetting in children
- weakness/tiredness, feeling unwell, swelling

Rare: the following may affect up to 1 in 1,000 people

- behaviour and mood related changes: disturbance in attention, memory impairment, uncontrolled muscle movements

Very rare: the following may affect up to 1 in 10,000 people

- tender red lumps under the skin, most commonly on your shins (erythema nodosum)
- behaviour and mood related changes: obsessive-compulsive symptoms, stuttering

#### Reporting of side effects

If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. By reporting side effects you can help provide more information on the safety of this medicine.

### 5. How to store Cinfa Paediatric

- 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 sachet. 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. Contents of the pack and other information

#### What Cinfa Paediatric contains

- The active substance is montelukast. Each sachet of granules contains montelukast sodium which corresponds to 4 mg of montelukast.
- The other ingredients are: Mannitol, hypromellose (E 464), and magnesium stearate.

#### What Cinfa Paediatric looks like and contents of the pack

Cinfa Paediatrics 4 mg granules are white to off-white granules. Cartons of 28 sachets.

#### Marketing Authorisation Holder and Manufacturer:

Laboratorios Cinfa, S.A.  
Olaz-Chipi, 10. Poligono Industrial Areta  
31620 Huarte (Navarra) – Spain

This package leaflet was last revised in September 2019.

#### 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



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	Artworks	● NEGRO	150 x 420 mm	04/05/20