

**PATIENT LEAFLET IN ACCORDANCE WITH THE
PHARMACISTS' REGULATIONS
(PREPARATIONS) – 1986**

The medicine is dispensed with a doctor's prescription only

**Ahiston®
Tablets**

Composition

Each tablet contains:

Chlorpheniramine maleate 2 mg

For information regarding inactive ingredients and allergens, see section 2 "Important information about some of the ingredients of the medicine" and section 6 "Additional information".

Read the entire leaflet carefully before using the medicine. This leaflet contains concise information about the medicine. If you have additional questions, refer to the doctor or the pharmacist.

This medicine has been prescribed for treatment of your illness. Do not pass it on to others. It may harm them even if it seems to you that their illness is similar.

The medicine is not intended for children under the age of 6 years.

1. What is the medicine intended for?

Relieving symptoms of seasonal allergy, such as: runny nose and conjunctivitis, allergic skin reactions and other allergic reactions.

Therapeutic class

Antihistamine

2. Before using the medicine

Do not use this medicine if:

- There is a known sensitivity to chlorpheniramine maleate, to any of the other ingredients of the medicine or to other antihistamines (see section 6 "Additional information").
- You are taking antidepressants of the monoamine oxidase inhibitors group (MAO inhibitors) or within 14 days of discontinuing use of these medicines.
- You are taking other medicines that contain antihistamines, including preparations for relieving cold and cough.

Special warnings regarding the use of the medicine
Before treatment with Ahiston, inform your doctor if you have had in the past or currently have:

- High blood pressure
- Heart problems
- Epilepsy
- Elevated intraocular pressure (glaucoma)
- Prostate problems
- Liver disease
- Kidney disease
- Bronchitis
- Asthma
- Bronchiectasis, widened bronchi
- Chronic lung disease (difficulty breathing and cough that does not go away)

Drug interactions

If you are taking, or have recently taken, other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or the pharmacist. Especially inform the doctor or pharmacist if you are taking:

- Anti-anxiety medicines
- Sleep medicines
- Depression and Parkinson's disease medicines of the MAO inhibitors group (e.g.: phenelzine or tranylcypromine). Do not take Ahiston tablets if you are taking or have taken MAO inhibitors in the last 14 days
- Medicines for epilepsy (phenytoin)

Use of the medicine and food

The medicine can be taken with or after a meal.

Use of the medicine and alcohol consumption

Alcohol consumption should be avoided while taking the medicine.

Pregnancy and breastfeeding

Before taking Ahiston, inform the doctor if you are pregnant or breastfeeding.

Driving and operating machinery

Do not drive or operate machinery if the medicine causes a feeling of drowsiness, dizziness or if you experience blurred vision.

Children and adolescents

The medicine is not intended for children under the age of 6 years.

Use in the elderly

Elderly patients may have a higher risk for side effects, including confusion; thus, lower dosage may be required.

Important information about some of the ingredients of the medicine

Lactose – each tablet contains 118 mg lactose. If you have been told in the past that you have an intolerance to certain sugars, consult with your doctor.

Sodium – each tablet contains: 0.14-0.21 mg sodium. This medicine contains less than 23 mg of sodium in a tablet, and is therefore considered sodium-free.

3. How should you use the medicine?

Always use the medicine according to the doctor's instructions.

Check with the doctor or pharmacist if you are uncertain about the dosage and how to use the medicine.

The dosage and treatment regimen will be determined only by the doctor.

Standard dosage when no other instruction from the doctor is given:

For adults and children above 12 years of age: 1-2 tablets 3-4 times a day, as required.

Children 6-12 years old: ½-1 tablet 3-4 times a day, as required.

Do not exceed the recommended dose.

Method of use

The tablets should be swallowed with water.

The medicine should be taken with food or after a meal.

Do not chew.

The tablets may be halved at the score line.

If you have taken an overdose or if a child has accidentally swallowed this medicine, refer to a doctor or a hospital emergency room immediately and bring the package of the medicine with you. Do not induce vomiting without an explicit instruction from the doctor.

If you forget to take this medicine at the required time, do not take a double dose. Rather, take the next dose at the regular time. Do not take two doses together to compensate for a forgotten dose.

Do not take medicines in the dark! Check the label and the dose every time you take the medicine. Wear glasses if you need them.

If you have any other questions regarding use of the medicine, consult the doctor or the pharmacist.

4. Side effects

As with any medicine, use of Ahiston tablets may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not experience any of them.

Stop the treatment and contact the doctor immediately if you have:

Symptoms of an allergic reaction which may be severe (rare side effects):

- Hives (itchy rash)
- Swelling of the face or mouth which causes breathing difficulties
- Collapsing
- Narrowing of the airways that causes breathing or swallowing difficulties

Very common side effects – side effects that occur in 1 out of 10 users:

- Feeling of drowsiness that causes you to fall asleep

Common side effects - side effects that occur in 1-10 out of 100 users:

- Lack of concentration, disturbances in coordination, dizziness, headaches
- Blurred vision
- Nausea, vomiting, dry mouth
- Tiredness

Additional side effects with unknown frequency:

- Allergic reactions
- Swelling of the skin
- Loss of appetite
- Confusion
- Excitement
- Nervousness
- Nightmares
- Low blood pressure
- Viscous mucus
- Vomiting
- Abdominal pain, diarrhea, abdominal discomfort, irritable stomach
- Skin irritation, skin rash, sensitivity to sunlight
- Muscle weakness and muscle tremor
- Urinary retention
- Chest pressure
- Low blood count
- Bruising
- Hepatitis (severe abdominal pain, nausea or vomiting and decrease in appetite and/or jaundice (yellowing of the skin and the eyes))

If a side effect occurs, if one of the side effects worsens, or if you suffer from a side effect not mentioned in the leaflet, consult with the doctor.

Reporting side effects

Side effects may be reported to the Ministry of Health by clicking on the link "Report side effects due to medicinal treatment" found on the Ministry of Health website homepage (www.health.gov.il), which will direct you to the online form for reporting side effects, or by clicking on the following link: <https://sideeffects.health.gov.il>

5. How to store the medicine?

Avoid poisoning! This medicine and any other medicine must be kept in a closed place out of the reach and sight of children and/or infants to avoid poisoning.

Do not use the medicine after the expiry date (Exp. Date) appearing on the package. The expiry date refers to the last day of that month.

Do not discard medicines via wastewater or the trash. Ask your pharmacist how to dispose of medicines no longer in use. These measures will help to protect the environment.

Store in a dry place, below 25°C.

6. Additional information

In addition to the active ingredient the medicine also contains:

Lactose Monohydrate
Starch
Sodium Starch Glycolate
Povidone
Magnesium Stearate
Colour D&C Yellow No. 10

What does the medicine look like and what are the contents of the package:

Each package contains 20 round, yellow tablets. On one side of the tablet there is a score line, on the other side it is debossed with "IKA".

Name of the manufacturer and marketing authorization holder:

TEVA ISRAEL LTD
124 Dvora HaNevi'a St., Tel Aviv 6944020

The leaflet was revised in December 2021 in accordance with the Ministry of Health guidelines.

Registration number of the medicine in the national drug registry of the Ministry of Health:

051.69.24231

AHISTON PIL MW1221

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