

# Telfast®

(tell-fast)

**60 mg, 120 mg film coated tablets**

*Fexofenadine hydrochloride*

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## Consumer Medicine Information (CMI)

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### What is in this leaflet

This leaflet answers some common questions about Telfast. Please read the information carefully before taking Telfast.

This leaflet provides a summary of the information available, it does not contain all the available information.

It does not take the place of talking to your pharmacist or doctor, who have more detailed information.

**If you have any questions about taking this medicine, or if you experience any problems while taking Telfast, speak to your pharmacist or doctor.**

All medicines have benefits and risks, so please discuss these with your pharmacist or doctor to make sure that the benefits of taking Telfast outweigh any possible risks.

**Keep this leaflet with the medicine.** You may want to read it again.

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### What Telfast is used for

Telfast contains an active ingredient called fexofenadine hydrochloride. It is one of a group of medicines called antihistamines.

Antihistamines help reduce allergic symptoms by preventing the effects of a substance called histamine, which your body produces when exposed to certain substances.

Telfast is a non-sedating antihistamine which means it has been shown not to cause drowsiness.

Telfast is used to relieve the symptoms of hayfever (seasonal allergic rhinitis) in adults and children aged 12 years or older.

Symptoms of hayfever include runny or itchy nose, sneezing, and itchy, watery, red eyes.

Hayfever is usually caused by allergy to various types of pollen from grasses, weeds or trees.

Your pharmacist or doctor may have recommended this medicine for another reason.

**Ask your pharmacist or doctor if you have any questions about why this medicine has been recommended for you.**

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### Before you take it

#### **When you must not take it**

**Do not take Telfast if you are pregnant, intend to become pregnant, or if you are breastfeeding, unless advised to do so by a Doctor or Pharmacist.**

**Do not take Telfast if you have an allergy to fexofenadine, terfenadine or any of the other ingredients in Telfast. These are listed at the end of this leaflet.**

Some of the symptoms of an allergic reaction may include skin rash, difficulty in breathing or faintness.

**Do not give Telfast 60 mg or 120 mg tablets to children under 12 years of age.**

**Do not take Telfast after the expiry date (EXP) printed on the pack or**

**if the packaging is damaged or shows signs of tampering.**

If you take it after the expiry date has passed, it may not work as well.

#### **Before you start to take it**

**You should inform your pharmacist or doctor if you have any allergies to any other medicines, foods, preservatives or dyes.**

Your pharmacist or doctor will consider these points when recommending Telfast.

**Consult your Doctor or Pharmacist if you have any of the following symptoms:**

- blocked nose without any other symptoms
- symptoms on only one side of your nose
- thick, green or yellow discharge from your nose
- repeated nosebleeds
- loss of smell
- a drip down the back of your throat with thick mucus and/or runny nose
- taste disturbances or loss of taste
- ear pain or discomfort
- pain in your face
- fever

**These symptoms are not usually found in hayfever.**

**If you are taking medicines to treat heartburn and indigestion that contain aluminium or magnesium hydroxide, wait 2 hours before taking Telfast.**

## ***Taking other medicines***

Tell your pharmacist or doctor if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food store.

Some medicines and Telfast may interfere with each other.

Your pharmacist or doctor has more information on medicines to be careful with or to avoid while you are taking this medicine.

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## **How to take it**

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### ***How much to take***

For the relief of the symptoms of hayfever, the usual dosage for adults and children over 12 years old is one Telfast 60 mg tablet twice daily or one Telfast 120 mg tablet once daily, as necessary.

**Follow the instructions written on the back of the box.**

If you take the wrong dose, Telfast may not work as well and your hayfever symptoms may not improve.

### ***How to take it***

**Take Telfast with a glass of water to make it easier to swallow.**

Telfast may be taken with or without food.

### ***How long to take it***

Take Telfast for up to 5 days, if necessary.

**If symptoms persist after 5 days, consult your Doctor or Pharmacist.**

### ***If you forget to take it***

**Do not try to make up for missed doses by taking more than one dose at a time.**

This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to. But if there is still a long time to go before your next dose, take it as soon as you remember, and then go back to taking it as you would normally.

### ***If you take too much (overdose)***

**If you think that you or anyone else has taken too much Telfast immediately telephone your doctor or pharmacist or the Poisons Information Centre (telephone Australia 13 11 26 or New Zealand 0800 POISON or 0800 764766), or go to Accident and Emergency at your nearest hospital.**

**Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

If you take too much Telfast, you may feel dizzy, drowsy or have a dry mouth.

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## **While you are taking it**

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### ***Things you must do***

**Tell all the doctors, dentists and pharmacists who are treating you that you are taking Telfast.**

**If you are about to be started on any new medicine, tell your Doctor or Pharmacist that you are taking Telfast.**

**If you are to have surgery that needs a general anaesthetic, tell the doctor or dentist that you are taking this medicine.**

**If you become pregnant while taking Telfast, consult your Doctor or Pharmacist.**

### ***Things you must not do***

**Do not take more than the recommended dose unless your pharmacist or doctor tells you to.**

**Do not give this medicine to anyone else, even if they have the same condition as you.**

**Do not use this medicine to treat any other complaints unless your pharmacist tells you to.**

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## **Side effects**

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**Tell your pharmacist or doctor as soon as possible if you do not feel well while taking Telfast, even if you do not think the problem is connected with the medicine or is not listed in this leaflet.**

All medicines can cause side effects. Sometimes they are serious, but most of the time they are not. You may need medical treatment if you get some of the side effects. Although most people will not experience any, some of the side effects that could occur with Telfast are:

- headache
- tiredness
- nausea
- dizziness
- drowsiness

These effects were seen in patients taking 'dummy' or placebo tablets as well as those taking Telfast tablets during clinical trials.

It is unlikely that fexofenadine hydrochloride tablets will produce an effect on the ability to drive or use machines.

However, some people are more sensitive and may have an unusual reaction to medicines, so care should be taken before driving or performing complicated tasks.

**Ask your pharmacist or doctor to answer any questions you may have.**

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## After taking it

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### Storage

**Keep your tablets in the blister pack until it is time to take them.**

If you take the tablets out of the box or the blister pack they may not keep well.

**Keep the medicine in a cool, dry place where the temperature stays below 30°C.**

**Do not store it or any other medicine in the bathroom, near a sink.**

**Do not leave it in the car, or on a windowsill.**

Heat and damp can destroy some medicines.

**Keep it where children cannot reach it.**

A locked cupboard at least one-and-a-half metres (5 feet) above the ground is a good place to store medicines.

### Disposal

**If your pharmacist or doctor tells you to stop taking Telfast, or if the product has passed its expiry date, ask your pharmacist what to do with any left over product.**

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## Tips to help reduce your symptoms

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There are a few things you can do that might help reduce your hayfever symptoms. The following tips may help prevent hayfever:

- during pollen seasons, on windy days or after thunderstorms keep doors and windows shut at home and in your car
- shower or bathe after activities where you may have been exposed to pollen
- during pollen seasons use the re-circulated air setting in the car

- don't hang clothes outside because pollen can stick to them, especially when it's windy

- avoid mowing the lawn or wear a mask while doing it

- vacuum your house regularly.

Pollen can remain in carpet for up to three months.

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## Product description

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### What it looks like

Telfast 60 mg tablets are peach coloured, oval and double convex in shape, and are available in packs of 10 tablets.

Telfast 120 mg tablets are peach coloured with a modified capsule shape, and are available in packs of 5 tablets.

### Ingredients

#### Active Ingredient:

Telfast 60 mg – 60 mg fexofenadine hydrochloride per tablet

Telfast 120 mg – 120 mg fexofenadine hydrochloride per tablet

#### Inactive Ingredients:

The 60 mg and 120 mg tablets also contain:

- microcrystalline cellulose
- pregelatinised maize starch
- croscarmellose sodium
- magnesium stearate
- povidone
- titanium dioxide
- colloidal silicon dioxide
- macrogol 400
- hypromellose
- Pigment Blend Pink PB1254
- Pigment Blend Yellow PB1255

Telfast 60 mg and 120 mg tablets do not contain any gluten, sugar or lactose.

## Sponsor

Telfast is supplied in Australia by:  
sanofi-aventis australia Pty Ltd  
12-24 Talavera Road  
Macquarie Park NSW 2113  
Australia

Telfast is supplied in New Zealand by:

sanofi-aventis new zealand limited  
Level 8, 56 Cawley St  
Ellerslie, Auckland,  
New Zealand

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Australian Register Number(s)

Telfast 60 mg, 10 tablets: AUST R 166034

Telfast 120 mg, 5 tablets: AUST R 166032

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For more information on this medicine, you can call

1800 818 806 (Australia) or 0800 283 684 (New Zealand)