

# MONTELAIR FILM-COATED TABLET

Montelukast (10 mg)

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## What Montelair is used for

Montelair is used to:

- prevent and treat asthma in adults in adults 15 years of age and older.
- relieve day and night symptoms of seasonal allergic rhinitis (hay fever) in adults 15 years of age and older.

## How Montelair works

This medicine is a leukotriene receptor antagonist. It blocks substances in your lungs that narrows and swells your airways. The substance is called leukotriene.

By blocking leukotrienes, your asthma symptoms will improve and this helps prevents asthma attacks. Montelair also improves hay fever symptoms.

## Before you use Montelair

### When you must not take it

Do not take this medicine if:

- you are allergic to montelukast or any of the excipients
- you are already taking any medicine containing montelukast
- you are galactose intolerance, have Lapp lactase deficiency or glucose-galactose malabsorption

### Before you start to take it

Tell your doctor if:

- you are pregnant, plan to get pregnant
- you are breastfeeding or plan to breastfeed.

## Taking other medicines

Talk to your doctor or pharmacist if you are taking any other medicines in any form including any that you buy or obtained without a prescription.

Some medicines interfere with the active ingredients in Montelair.

They include:

- other medicines containing montelukast
- phenobarbital
- phenytoin
- rifampicin.

Other interactions not stated may occur. Talk to your doctor or pharmacist if you have any other concerns.

## How to take Montelair

### How much to take

Adults aged 15 years and above with asthma and/or seasonal allergic rhinitis: take one 10 mg tablet in a day in the evening.

Swallow the tablet with a glass of water.

### When to take it

Take this medicine in the evening. This medicine can be taken before or after a meal.

### How long to take it

You or your child is advised to take it as long as your doctor prescribes.

### If you forget to take it

Do not take double dose to make up for a forgotten dose. If you forget to take your dose, take it as soon as you remember.

Skip the missed dose if it is almost time for your next dose.

### If you take too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your

nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

## While you are using Montelair

### Things you must do

You are advised to continue taking montelukast even your asthma is under control, as well as during periods of worsening asthma.

Make sure you or your child takes this medicine every day as directed by the doctor, even if asthma symptoms have improved or there is an asthma attack.

Keep a rescue inhaler at hand if an asthma attack occurs. Follow your doctor's directions on how to use it. Montelair is not suitable for acute attacks of asthma.

Tell your doctor if you become pregnant or started a new medicine.

### Things you must not do

Do not give this medicine to anyone else even if their symptoms seem similar to yours.

Do not take your medicine to treat any other complaints unless you are told by your doctor or pharmacist.

Do not change the recommended dosage on your own before asking your doctor.

### Things to be careful of

Take notice:

- if your condition's symptoms become worse, contact your doctor immediately
- not to replace this medicine with other medicine to treat asthma prescribed by your doctor
- not to take aspirin or non-steroidal anti-inflammatory medicines if it makes your asthma worse
- when you are driving or using machines, you may feel dizzy.

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## Side effects

Tell your doctor immediately if you think you are experiencing any of the following possible unwanted side effects while taking the medicine.

Common side effects:

- headache

Less frequent side effects:

- increased levels of liver enzymes
- abdominal or stomach pain
- weakness or unusual tiredness
- cough
- dental pain
- dizziness
- heartburn
- fever
- gastroenteritis (stomach flu)
- nasal congestion (stuffy nose)
- skin rash.

Very rare side effects:

- Churg-Strauss syndrome, a kind of inflammation of blood vessels disease
- pyuria (pus in the urine).

Other side effects reported while the medicine was on the market:

- increased tendency to bleed
- allergic reactions eg. rash, swelling of the face, lips, tongue and/or throat
- behaviour and mood related changes eg. nightmares, hallucinations, anxiety, depression, trouble sleeping
- dizziness, drowsiness, 'pins and needles', numbness, seizure
- fast heartbeat
- diarrhoea, dry mouth, indigestion, nausea, vomiting
- hepatitis (liver inflammation)
- bruising, itching, hives, erythema nodosum (tender red lumps on the skin)
- joint or muscle pain, muscle cramps
- tiredness, feeling unwell, swelling

Other unwanted side effects not listed may occur. Tell your doctor immediately if you experience any side effects.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [portal.bpfk.gov.my](http://portal.bpfk.gov.my) (Consumers → Reporting).

## Storage and Disposal of Montelair

### Storage

Keep out of reach of children.  
Store below 30°C. Protect from light and moisture.

### Disposal

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.

## Product description

### What it looks like

Square, beige film-coated tablet, shallow convex, bevel-edged and "HD" embossed on one face.

### Ingredients

Active ingredient:

- Montelukast sodium 10mg

Inactive ingredients:

- Lactose monohydrate
- Microcrystalline cellulose
- Croscarmellose sodium
- Magnesium stearate
- Hydroxypropyl methylcellulose
- Titanium hydroxide
- Talc
- Iron oxide yellow
- Iron oxide red
- Propylene glycol
- Isopropyl alcohol

### MAL Number

MAL10100172A

## Manufacturer

Hovid Bhd.  
Lot 56442, 7 ½ Miles,  
Jalan Ipoh/Chemor,  
31200 Chemor, Malaysia.

## Product Registration Holder

Hovid Bhd.  
121, Jalan Tunku Abdul Rahman,  
30010 Ipoh, Malaysia.

## Date of revision

21/08/2015

## Serial Number

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