

ACTIHIST TABLET

Triprolidine hydrochloride/Pseudoephedrine hydrochloride (2.5mg/60mg)

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What Actihist Tablet is used for

- It is used to relieve nasal and sinus congestion due to common cold and allergic rhinitis (inflammation of the mucous membrane inside the nose).

How Actihist Tablet works

This medicine contains two active ingredients:

- Pseudoephedrine hydrochloride, is a decongestant. It works by narrowing the blood vessels in the nasal passages to decrease swelling and congestion.
- Triprolidine hydrochloride, an antihistamine, that blocks the action of histamine, hence helps to stop sneezing and runny nose.

Before you use Actihist Tablet

- When you must not use it

Do not take this medicine if:

- you are allergic to the active ingredients or any of the inactive ingredients listed at the end of this leaflet.

This medication should not be given to premature infants or neonates.

If you are not sure whether you should start taking this medicine, talk to your pharmacist or doctor.

- Before you start to use it

Tell your doctor/pharmacist if:

- You have heart disease or high blood pressure.

- You have asthma
- You take drugs for depression known as Monoamine Oxidase Inhibitors (MAOIs).
- You have overactive thyroid gland.
- You have diabetes
- You have glaucoma (increased pressure within the eyeball)
- You have kidney problem
- You have peptic ulcer (a sore that develops on the lining of the esophagus, stomach, or small intestine)

- Taking other medicines

Actihist Tablet may affect or be affected by other medicines you are taking. 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.

They include:

- Medicines for high blood pressure (methyl dopa, guanethidine, beta blocker)
- Medicines for depression (tricyclic antidepressant)
- Alcohol
- Antimuscarinics
- Ototoxic medications (damage of inner ear)

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

How to use Actihist Tablet

- How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

Adult

One tablet thrice a day as needed.

Children

Below 6 years old: Not recommended.
6 to 12 years old: Half tablet thrice a day as needed.

Elderly may be more sensitive to the effects of the usual adult dose.

Your doctor may adjust your usage based on your age and symptoms.

- When to use it

This medication may be taken with food, water or milk to minimize stomach irritation.

Use as directed by your doctor or pharmacist.

- How long to use it

You are advised to take Actihist Tablet as long as your doctor tells you to.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

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

- If you use 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.

The signs and symptoms of overdose are headache, nausea, vomiting, dryness of the mouth, faster than normal heart rate, respiratory problem and coma.

While you are using Actihist Tablet

- Things you must do

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Tell your doctor:

- If you experience allergic reactions/ any of the unwanted side effects while taking the medicine.
- If you become pregnant while taking this medication

Tell all the doctors, dentists and pharmacists treating you that you are taking Actihist Tablet.

Take your medicine exactly as your doctor has told you.

- Things you must not do

Do not:

- give Actihist Tablet to anyone else even if they have the same condition as you
- take your medicine to treat any other complaints unless you are told by your doctor or pharmacist
- take more than the recommended dose unless your pharmacist or doctor tells you to
- stop taking the medicine unless advised by your doctor

- Things to be careful of

Driving and using machines

Actihist Tablet may cause drowsiness in most people. Do not drive or use machinery until you are certain you are not affected.

Side effects

Like all medicines, Actihist Tablet can cause side effects, although not everybody gets them. These effects can be serious.

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

- drowsiness
- insomnia
- urinary retention,

- nausea
- vomiting
- allergic reactions

Other unwanted side effects not listed may occur. Tell your doctor immediately.

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 (Consumers→Reporting)

Storage and disposal of Actihist Tablet

- Storage

Keep out of reach of children. Store below 25°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

Round, white uncoated tablet with shallow convex faces, scored and “HD” embossed on the same face.

- Ingredients

- Active ingredients
 - Triprolidine HCl
 - Pseudoephedrine HCl
- Inactive ingredients
 - Sodium starch glycolate
 - Lactose monohydrate
 - Magnesium stearate.
 - Cornstarch
 - Polyvinylpyrrolidone

- MAL Number

MAL19920611AZ

Manufacturer

HOVID Bhd.
Lot 56442, 7 ½ Miles,
Jalan Ipoh / Chemor,

31200 Chemor,
Perak.

Product Registration Holder

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