

Bilastuff 40 Tablet

Bilastine (40mg) Tablet: Product Information

Brand Name: Bilastine 40 mg Tablet

Generic Name: Bilastine

Strength: 40 mg per tablet

Dosage Form: Oral Tablet

Indications:

Bilastine 40 mg Tablet is a **second-generation antihistamine** used for the treatment of various allergic conditions, including:

1. Allergic Rhinitis:

- Treatment of **seasonal allergic rhinitis** (hay fever) and **perennial allergic rhinitis** (year-round allergy). It helps alleviate symptoms such as **sneezing, itchy or watery eyes, runny nose, and nasal congestion.**

2. Chronic Urticaria (Hives):

- Relief of **itching** and **redness** associated with **chronic idiopathic urticaria** (hives) where skin rashes appear without a clear cause.

Mechanism of Action:

Bilastine is a **selective H1-antihistamine**. It works by blocking **H1 receptors**, which histamine binds to during allergic reactions, causing symptoms like itching, swelling, and increased mucus production. By preventing histamine's action, Bilastine reduces allergic symptoms with minimal sedation, making it more suitable for daytime use than first-generation antihistamines.

Dosage and Administration:

Adults and Children over 12 years:

- **Recommended dose:** Take **1 tablet (40 mg)** once daily, preferably **in the morning**, with **or without food.**

- The tablet should be swallowed whole with water and not crushed or chewed.

Children (6 to 11 years):

- Bilastine 40mg tablets are generally **not recommended** for children aged 6 to 11 years. A lower dosage formulation, such as **Bilastine 10 mg or 20 mg**, is usually preferred. Consult your healthcare provider for appropriate recommendations.

Children under 6 years:

- **Not recommended** for children under 6 years unless specifically prescribed by a doctor.

Renal Impairment:

- Patients with **moderate renal impairment** may require dose adjustments. Consult your healthcare provider for proper dosing.

Contraindications:

Bilastine 40 mg Tablet should not be used if you:

- Are **hypersensitive** to Bilastine or any other component of the tablet.
- Have **severe renal impairment** (reduced kidney function).

Warnings and Precautions:

- **Sedation:** Bilastine is generally **non-sedating**, but individual responses may vary. Though the risk of drowsiness is lower than with first-generation antihistamines, be cautious when driving or operating machinery.
- **Kidney Function:** Use with caution in individuals with **mild to moderate renal impairment**. Bilastine is primarily excreted by the kidneys, so its levels may increase in the body in cases of renal dysfunction.

- **Pregnancy and Breastfeeding:** Bilastine should only be used during pregnancy if the potential benefits outweigh the risks to the fetus. There is insufficient data on whether Bilastine passes into breast milk, so consult your healthcare provider before using it while pregnant or breastfeeding.
 - **Elderly Patients:** Caution is advised for elderly individuals, especially those with kidney issues.
-

Side Effects:

Common side effects:

- **Headache.**
- **Drowsiness or mild fatigue** (rare and less frequent than with first-generation antihistamines).
- **Dry mouth.**
- **Gastrointestinal upset** (nausea, stomach discomfort).

Serious but rare side effects:

- **Severe allergic reactions** (such as rash, itching, swelling, difficulty breathing).
- **Fast or irregular heartbeat.**
- **Dizziness or light-headedness.**
- **Kidney-related issues:** Changes in urine output, or signs of kidney dysfunction like swelling of limbs.

If you experience any serious side effects, including difficulty breathing, swelling of the face or throat, or irregular heartbeats, seek medical attention immediately.

Drug Interactions:

- **Erythromycin and Ketoconazole:** These medications may increase the concentration of Bilastine in the blood, which could enhance the risk of side effects. Inform your doctor if you are taking these drugs.
 - **Antacids:** Taking Bilastine with antacids containing **aluminum or magnesium** may reduce its absorption. If you need to take an antacid, space it by at least **2 hours** from taking Bilastine.
 - **Alcohol and CNS Depressants:** Although Bilastine is less sedating than older antihistamines, alcohol and other central nervous system depressants (such as sedatives, tranquilizers, or sleeping pills) may enhance its sedative effect, resulting in drowsiness or dizziness.
-

Storage:

- Store at **room temperature** (15°C to 30°C / 59°F to 86°F).
 - Keep the tablet container tightly closed, and protect from moisture and light.
 - Do not store in the bathroom or near sinks. Keep out of reach of children.
-

Patient Counseling Information:

- **Take as directed:** Follow your healthcare provider's instructions on dosage. Do not exceed the recommended dose.
 - **Monitor for side effects:** If you experience dizziness, difficulty breathing, or swelling of the face or throat, seek medical attention immediately.
 - **Avoid alcohol:** Alcohol can increase the sedative effects of Bilastine, leading to drowsiness or impaired motor coordination.
 - **Consult your doctor:** If you are pregnant, breastfeeding, or have kidney problems, consult your doctor before taking Bilastine 40mg Tablet.
 - **Be cautious with other medications:** Inform your healthcare provider if you are taking **antacids, antibiotics, or antifungals**, as these can interact with Bilastine.
-

This information for **Bilastine (40 mg) Tablet** provides an overview of its uses, dosage instructions, potential side effects, and safety precautions. Always consult your healthcare provider for personalized advice and recommendations before starting any medication.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,
Panchkula-134113

TM: Trademark Applied for