

Bilastuff Kid Tablet

Bilastine (10mg) Tablet: Product Information

Brand Name: Bilastine 10 mg Tablet

Generic Name: Bilastine

Strength: 10 mg per tablet

Dosage Form: Oral Tablet

- The tablet should be swallowed whole with a glass of water. Do not crush or chew the tablet.

Children (6 to 11 years):

- Recommended dose:** Take **1 tablet (10 mg)** once daily. Bilastine 10 mg is suitable for children aged 6 years and older.

Children under 6 years:

- Not recommended** for children under the age of 6 unless directed by a healthcare provider.

Renal Impairment:

- Bilastine is primarily excreted by the kidneys. In patients with **moderate renal impairment**, the dose may need to be adjusted. Consult a healthcare provider for proper dosing.

Indications:

Bilastine 10 mg Tablet is an **antihistamine** used for the management of various allergic conditions, including:

1. Allergic Rhinitis:

- Treatment of **seasonal allergic rhinitis** (hay fever) and **perennial allergic rhinitis** (year-round allergies), helping alleviate symptoms like **sneezing, itchy or watery eyes, runny nose, and nasal congestion**.

2. Chronic Urticaria (Hives):

- Relief of **itching, redness, and skin rashes** associated with **chronic idiopathic urticaria** (chronic hives), a condition where hives appear on the skin without an apparent cause.

Contraindications:

Bilastine 10 mg Tablet is contraindicated in the following conditions:

- Hypersensitivity** (allergy) to Bilastine or any of its components.
- Severe renal impairment** (reduced kidney function).

Mechanism of Action:

Bilastine is a **second-generation antihistamine** that works by selectively blocking **H1 receptors**. Histamine is a chemical released during allergic reactions, leading to symptoms such as swelling, itching, and nasal discharge. By preventing histamine from binding to its receptors, Bilastine reduces allergic symptoms with minimal sedation or drowsiness.

Warnings and Precautions:

- Sedation:** Although Bilastine is a **non-sedating antihistamine**, a small number of individuals may experience mild drowsiness. Exercise caution when driving or operating heavy machinery, particularly when starting the medication or adjusting dosage.
- Renal Impairment:** Use with caution in individuals with **mild to moderate renal impairment**. Bilastine is eliminated through the kidneys, so impaired renal function may increase the drug's levels in the body.
- Pregnancy and Breastfeeding:** Bilastine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. It is not

Dosage and Administration:

Adults and Children over 12 years:

- Recommended dose:** Take **1 tablet (10 mg)** once daily, **with or without food**.

known if Bilastine is excreted in human breast milk, so it is recommended to consult a healthcare provider before using this medication while pregnant or breastfeeding.

- **Elderly Patients:** Caution should be exercised when administering Bilastine to elderly patients, particularly those with kidney problems.

Side Effects:

Common side effects:

- **Headache.**
- **Drowsiness or mild fatigue** (though less common with Bilastine compared to older antihistamines).
- **Dry mouth or gastrointestinal discomfort** (such as nausea).

Serious but rare side effects:

- **Severe allergic reactions** (such as swelling of the face, lips, tongue, or throat, difficulty breathing, rash, or hives).
- **Fast or irregular heartbeat.**
- **Dizziness** or light-headedness, particularly when standing up quickly.
- **Kidney problems:** Reduced urine output or swelling in the legs, feet, or hands may be signs of kidney issues.

If any of these serious side effects occur, seek medical attention immediately.

Drug Interactions:

- **Erythromycin and Ketoconazole:** These medications can increase the concentration of Bilastine in the bloodstream, potentially increasing the risk of side effects. Inform your doctor if you are using these drugs.
- **Antacids:** Antacids containing **aluminum or magnesium** may reduce the absorption of Bilastine. It is advisable to take Bilastine **at least 2 hours apart** from antacids.
- **Alcohol and CNS Depressants:** While Bilastine is less sedating than first-generation antihistamines, alcohol and other sedative drugs may enhance the sedative effects, leading to increased drowsiness. Limit alcohol intake during treatment.

Storage:

- Store at **room temperature** (15°C to 30°C / 59°F to 86°F).
- Keep the medication in its original packaging to protect from moisture and light.
- Do not store in damp places like bathrooms. Keep out of reach of children.

Patient Counseling Information:

- **Follow prescribed dosages:** Take Bilastine as directed by your healthcare provider. Do not exceed the recommended dose.
- **Be aware of possible side effects:** If you experience dizziness, difficulty breathing, swelling of the face or throat, or any other serious symptoms, seek medical attention immediately.
- **Avoid alcohol:** Alcohol may enhance the sedative effect of Bilastine, leading to drowsiness or impairment of motor skills.
- **Consult your healthcare provider:** If you are pregnant, breastfeeding, or have any kidney issues, speak with your doctor before taking Bilastine 10 mg Tablet.
- **Discuss other medications:** Inform your healthcare provider if you are taking any other medications, particularly **antacids, antibiotics, or antifungals**, as they may interact with Bilastine.

This information for **Bilastine (10 mg) Tablet** provides an overview of its uses, dosage instructions, side effects, and safety precautions. Always consult your healthcare provider for personalized advice and recommendations before starting any medication.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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