

Bilastuff M Tablet

Bilastine (20mg) + Montelukast (10mg) Tablet: Product Information

Brand Name: Bilastine 20 mg + Montelukast 10 mg
Tablet

Generic Name: Bilastine and Montelukast

Strength:

- **Bilastine:** 20 mg per tablet
 - **Montelukast:** 10 mg per tablet
- Dosage Form:** Oral Tablet

histamine from binding to these receptors, Bilastine reduces symptoms like itching, swelling, and nasal congestion with minimal sedative effects.

- **Montelukast** is a **leukotriene receptor antagonist** that blocks **leukotrienes**, which are chemicals in the body that contribute to inflammation and narrowing of the airways. By inhibiting leukotrienes, Montelukast helps in preventing asthma attacks and reducing allergic rhinitis and asthma-related symptoms.

Indications:

This combination tablet is used for the treatment and management of various allergic conditions, particularly in **adults and children aged 15 years and older**, including:

1. **Allergic Rhinitis:**
 - For the **relief of symptoms** associated with **seasonal and perennial allergic rhinitis**, such as sneezing, runny nose, itchy/watery eyes, and nasal congestion.
2. **Chronic Urticaria (Hives):**
 - For the **relief of chronic idiopathic urticaria** symptoms, including itching, redness, and skin rashes.
3. **Asthma (in adults and children over 15 years):**
 - **Montelukast**, as a **leukotriene receptor antagonist**, helps to prevent asthma attacks and reduce symptoms like wheezing and shortness of breath by reducing inflammation in the airways.
 - **Bilastine** aids in managing allergic inflammation and symptoms that can exacerbate asthma.

Dosage and Administration:

Adults and Children (15 years and older):

- **Recommended Dose:**
 - Take **1 tablet** (20 mg Bilastine + 10 mg Montelukast) **once daily**, preferably in the **evening**, for optimal symptom control.
- The tablet should be swallowed **whole**, with or without food.
- **Shake the tablet** lightly if needed for proper absorption, but do not chew or crush the tablet.

Contraindications:

This medication is contraindicated in the following conditions:

- **Hypersensitivity (allergy) to Bilastine, Montelukast**, or any of the excipients in the tablet.
- **Severe liver impairment.**
- **Children under 15 years:** The formulation is not recommended for children younger than 15 years.

Mechanism of Action:

- **Bilastine** is a **second-generation antihistamine** that works by blocking the **H1 receptors** involved in allergic reactions. By preventing

Warnings and Precautions:

- **Liver Function:** Both **Bilastine** and **Montelukast** are metabolized in the liver. Use caution in individuals with **liver disease**, and dosage adjustments may be required.

- **Asthma Management:** This combination tablet helps in managing asthma symptoms but should not be used to treat **acute asthma attacks**. Immediate use of a **short-acting bronchodilator** is recommended for sudden asthma symptoms.
- **Mood and Behavioral Changes:** Montelukast has been associated with **behavioral changes**, including mood swings, depression, anxiety, and aggression in some patients. If these symptoms occur, contact your healthcare provider to assess whether the treatment should be adjusted or stopped.
- **Renal Impairment:** Bilastine and Montelukast are excreted through the kidneys, so caution should be used when administering to patients with **renal impairment**.

- **Corticosteroids and other leukotriene modifiers:** Avoid combining with other leukotriene modifiers or corticosteroids unless directed by your healthcare provider.
- **Antacids:** Antacids that contain **aluminum or magnesium** can reduce the absorption of **Bilastine**. Take Bilastine at least **2 hours apart** from antacids.

Storage:

- Store the **tablets** at **room temperature** (15°C to 30°C / 59°F to 86°F).
 - Keep the tablets in their original packaging to protect them from moisture and light.
 - Keep out of reach of children.
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Side Effects:

Common Side Effects:

- **Headache.**
- **Fatigue** or **drowsiness** (though less common with Bilastine).
- **Sore throat** or **upper respiratory tract infection**.

Serious but Rare Side Effects:

- **Severe allergic reactions** (anaphylaxis): Symptoms may include **swelling of the face, lips, tongue, or throat, difficulty breathing**, and **severe rash**. Seek medical attention immediately.
 - **Mood changes:** **Depression**, anxiety, irritability, or aggression. These symptoms are more commonly associated with **Montelukast**, and if they occur, consult your doctor.
 - **Liver-related symptoms:** **Yellowing of the skin or eyes, dark urine, severe abdominal pain**. These may indicate liver problems and require prompt medical attention.
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Patient Counseling Information:

- **Take as prescribed:** Ensure the correct dose is taken once daily, preferably in the evening, as directed by your healthcare provider.
 - **Monitor for side effects:** Watch for mood or behavioral changes. If any unusual symptoms occur, consult your healthcare provider.
 - **Not for acute asthma attacks:** This medication is not a substitute for fast-acting inhalers used during asthma attacks. Always have your rescue inhaler on hand.
 - **Alcohol:** Limit alcohol consumption as it may enhance the sedative effects of this medication.
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This information for **Bilastine (20 mg) + Montelukast (10 mg) Tablet** provides an overview of its indications, dosage, side effects, and precautions. Always consult your healthcare provider to ensure that this combination medication is right for your condition.

Drug Interactions:

- **Erythromycin** or **Ketoconazole:** These medications may **increase Bilastine levels** in the bloodstream, potentially increasing the risk of side effects. Monitoring may be required when these drugs are taken together.
- **Rifampicin:** **Rifampicin** may lower the effectiveness of **Montelukast** by reducing its levels in the blood. Inform your doctor if you are taking this antibiotic.

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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