

# Summary of Product Characteristics

## 1 NAME OF THE MEDICINAL PRODUCT

Zynor Allergy 10 mg Film-coated Tablets

## 2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Each film-coated tablet contains 10 mg cetirizine dihydrochloride.

Excipient with known effect: Lactose monohydrate (66 mg).

For the full list of excipients, see section 6.1.

## 3 PHARMACEUTICAL FORM

Film-coated tablet

White to almost white, round, biconvex film-coated tablet with breakscore on one side and approximately 6.5 mm in diameter.

The tablet can be divided into equal doses.

## 4 CLINICAL PARTICULARS

### 4.1 Therapeutic Indications

In adults and paediatric patients 6 year and above:  
-Cetirizine is indicated for the relief of nasal and ocular symptoms of seasonal and perennial allergic rhinitis.  
-Cetirizine is indicated for the relief of symptoms of chronic idiopathic urticaria.

### 4.2 Posology and method of administration

*Children aged from 6 to 12 years:*  
5 mg twice daily (a half tablet twice daily).

*Adults and adolescents over 12 years of age:*  
10 mg once daily (1 tablet).

Elderly subjects:  
Data do not suggest that the dose needs to be reduced in elderly subjects provided that the renal function is normal.

Patients with moderate to severe renal impairment:  
There are no data to document the efficacy/safety ratio in patients with renal impairment. Since cetirizine is mainly excreted via renal route (see section 5.2), in cases no alternative treatment can be used, the dosing intervals must be individualized according to renal function. Refer to the following table and adjust the dose as indicated. To use this dosing table, an estimate of the patient’s creatinine clearance (CL<sub>cr</sub>) in ml/min is needed. The CL<sub>cr</sub> (ml/min) may be estimated from serum creatinine (mg/dl) determination using the following formula:

$$CL_{cr} = \frac{[140 - \text{age (years)}] \times \text{weight (kg)}}{72 \times \text{serum creatinine (mg/dl)}} \quad (\times 0.85 \text{ for women})$$

Dosing adjustments for adult patients with impaired renal function

Group	Creatinine clearance (ml/min)	Dosage and frequency
Normal	≥ 80	10 mg once daily
Mild	50-79	10 mg once daily
Moderate	30-49	5 mg once daily
Severe	< 30	5 mg once every 2 days
End-stage renal disease – Patients undergoing dialysis	< 10	Contra-indicated

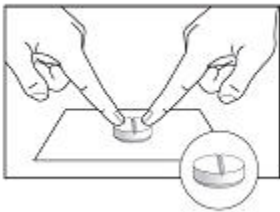
In pediatric patients suffering from renal impairment, the dose will have to be adjusted on an individual basis taking into account the renal clearance of the patient and his body weight.

*Patients with hepatic impairment:*  
No dose adjustment is needed in patients with solely hepatic impairment.

*Patients with hepatic impairment and renal impairment:*  
Adjustment of the dose is recommended (see “Patients with moderate to severe renal impairment” above).

Method of administration  
The tablets need to be swallowed with a glass of liquid.

Direction for use to split the tablets:  
Place the tablet on a hard, flat surface (such as a table top or plate) with the score line facing upwards. Then press with both of your index fingers (or thumbs) at the same time briefly and firmly on the outer edges to the left and right of the score line as shown in the graphical representation below.



4.3 Contraindications

Hypersensitivity to the active substance or to any of the excipients listed in section 6.1 or to hydroxyzine or to any piperazine derivatives.

Patients with severe renal impairment at less than 10 ml/min creatinine clearance.

4.4 Special warnings and precautions for use

At therapeutic doses, no clinically significant interactions have been demonstrated with alcohol (for a blood alcohol level of 0.5 g/L). Nevertheless, precaution is recommended if alcohol is taken concomitantly.

Caution should be taken in patients with predisposition factors of urinary retention (e.g. spinal cord lesion, prostatic hyperplasia) as cetirizine may increase the risk of urinary retention.

Caution in epileptic patients and patients at risk of convulsions is recommended.

The use of the film-coated tablet formulation is not recommended in children aged less than 6 years since this formulation does not allow for appropriate dose adaptation.

Allergy skin tests are inhibited by antihistamines and a wash-out period (of 3 days) is required before performing them.

#### *Paediatric population*

The use of the film-coated tablet formulation is not recommended in children aged less than 6 years since this formulation does not allow for appropriate dose adaptation.

Patients with rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicine.

### **4.5 Interaction with other medicinal products and other forms of interaction**

Due to the pharmacokinetic, pharmacodynamic and tolerance profile of cetirizine, no interactions are expected with this antihistamine. Actually, neither pharmacodynamic nor significant pharmacokinetic interaction was reported in drug-drug interactions studies performed, notably with pseudoephedrine or theophylline (400 mg/day).

The extent of absorption of cetirizine is not reduced with food, although the rate of absorption is decreased.

### **4.6 Fertility, pregnancy and lactation**

#### Pregnancy

For cetirizine very rare clinical data on exposed pregnancies are available. Animal studies do not indicate direct or indirect harmful effects with respect to pregnancy, embryonal/fetal development, parturition or postnatal development. Caution should be exercised when prescribing to pregnant women.

#### Breastfeeding

Cetirizine is excreted in human milk at concentrations representing 0.25 to 0.90 those measured in plasma, depending on sampling time after administration. Therefore, caution should be exercised when prescribing cetirizine to lactating women.

### **4.7 Effects on ability to drive and use machines**

Objective measurements of driving ability, sleep latency and assembly line performance have not demonstrated any clinically relevant effects at the recommended dose of 10 mg.

Patients intending to drive, engaging in potentially hazardous activities or operating machinery should not exceed the recommended dose and should take their response to the medicinal product into account. In sensitive patients, concurrent use with alcohol or other CNS depressants may cause additional reductions in alertness and impairment of performance.

### **4.8 Undesirable effects**

Clinical studies have shown that cetirizine at the recommended dosage has minor undesirable effects on the CNS, including somnolence, fatigue, dizziness and headache. In some cases, paradoxical CNS stimulation has been reported.

Although cetirizine is a selective antagonist of peripheral H<sub>1</sub>-receptors and is relatively free of anticholinergic activity, isolated cases of micturition difficulty, eye accommodation disorders and dry mouth have been reported.

Instances of abnormal hepatic function with elevated hepatic enzymes accompanied by elevated bilirubin have been

reported. Mostly this resolves upon discontinuation of the treatment with cetirizine dihydrochloride.

Clinical trials

Double blind controlled clinical or pharmacoclinical trials comparing cetirizine to placebo or other antihistamines at the recommended dosage (10 mg daily for cetirizine), of which quantified safety data are available, included more than 3200 subjects exposed to cetirizine.

From this pooling, the following adverse events were reported for cetirizine 10 mg in the placebo-controlled trials at rates of 1.0 % or greater:

Adverse event (WHO-ART)	Cetirizine 10 mg (n= 3260)	Placebo (n = 3061)
Body as a whole – general disorders Fatigue	1.63 %	0.95 %
Central and peripheral nervous system disorders Dizziness Headache	1.10 % 7.42 %	0.98 % 8.07 %
Gastro-intestinal system disorders Abdominal pain Dry mouth Nausea	0.98 % 2.09 % 1.07 %	1.08 % 0.82 % 1.14 %
Psychiatric disorders Somnolence	9.63 %	5.00 %
Respiratory system disorders Pharyngitis	1.29 %	1.34 %

Although statistically more common than under placebo, somnolence was mild to moderate in the majority of cases. Objective tests as demonstrated by other studies have demonstrated that usual daily activities are unaffected at the recommended daily dose in healthy young volunteers.

Adverse drug reactions at rates of 1 % or greater in children aged from 6 months to 12 years, included in placebo-controlled clinical or pharmacoclinical trials are:

Adverse event (WHO-ART)	Cetirizine 10 mg (n= 1656)	Placebo (n = 1294)
Gastro-intestinal system disorders Diarrhoea	1.0 %	0.6 %
Psychiatric disorders Somnolence	1.8 %	1.4 %
Respiratory system disorders Rhinitis	1.4 %	1.1 %
Body as a whole – general disorders Fatigue	1.0 %	0.3 %

Post-marketing experience

In addition to the adverse effects reported during clinical studies and listed above, isolated cases of the following adverse drug reactions have been reported in post-marketing experience. For these less frequently reported undesirable effects, the estimated frequencies (very common ( $\geq 1/10$ ); common ( $\geq 1/100$  to  $< 1/10$ ); uncommon ( $\geq 1/1,000$  to  $< 1/100$ ); rare ( $\geq 1/10,000$  to  $< 1/1,000$ ); very rare ( $< 1/10,000$ ), not known (cannot be estimated from the available data).

*Blood and lymphatic disorders*

Very rare: thrombocytopenia

*Immune system disorders*

Rare: hypersensitivity

Very rare: anaphylactic shock

*Metabolism and nutrition disorders*

Not known: increased appetite

*Psychiatric disorders*

Uncommon: agitation

Rare: aggression, confusion, depression, hallucination, insomnia

Very rare: tics

Not known: suicidal ideation

*Nervous system disorders*

Uncommon: paraesthesia

Rare: convulsions

Very rare: dysgeusia, dyskinesia, dystonia, syncope, tremor

Not known: amnesia, memory impairment

*Eye disorders*

Very rare: accommodation disorder, blurred vision, oculogyration

*Ear and labyrinth disorders*

Not known: vertigo

*Cardiac disorders*

Rare: tachycardia

*Gastro-intestinal disorders*

Uncommon: diarrhoea

*Hepatobiliary disorders*

Rare: hepatic function abnormal (increased transaminases, alkaline phosphatase,  $\gamma$ -GT and bilirubin)

*Skin and subcutaneous tissue disorders*

Uncommon: pruritus, rash

Rare: urticaria

Very rare: angioneurotic oedema, fixed drug eruption

*Renal and urinary disorders*

Very rare: dysuria, enuresis

Not known: urinary retention

*General disorders and administration site conditions*

Uncommon: asthenia, malaise

Rare: oedema

### *Investigations*

Rare: weight increased

### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via HPRa Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: [www.hpra.ie](http://www.hpra.ie); E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie).

## **4.9 Overdose**

### Symptoms

Symptoms observed after an overdose of cetirizine are mainly associated with CNS effects or with effects that could suggest an anticholinergic effect.

Adverse events reported after an intake of at least 5 times the recommended daily dose are: confusion, diarrhoea, dizziness, fatigue, headache, malaise, mydriasis, pruritus, restlessness, sedation, somnolence, stupor, tachycardia, tremor, and urinary retention.

### Management

There is no known specific antidote to cetirizine.

Should overdose occur, symptomatic or supportive treatment is recommended. Gastric lavage should be considered following ingestion of a short occurrence.

Cetirizine is not effectively removed by dialysis.

## **5 PHARMACOLOGICAL PROPERTIES**

### **5.1 Pharmacodynamic properties**

Pharmacotherapeutic group: Piperazine derivatives

ATC code: R06A E07

Cetirizine, a human metabolite of hydroxyzine, is a potent and selective antagonist of peripheral H<sub>1</sub>-receptors. *In vitro* receptor binding studies have shown no measurable affinity for other than H<sub>1</sub>-receptors.

In addition to its anti-H<sub>1</sub> effect, cetirizine was shown to display anti-allergic activities: at a dose of 10 mg once or twice daily, it inhibits the late phase recruitment of eosinophils, in the skin and conjunctiva of atopic subjects submitted to allergen challenge.

Studies in healthy volunteers show that cetirizine, at doses of 5 and 10 mg strongly inhibits the wheal and flare reactions induced by very high concentrations of histamine into the skin, but the correlation with efficacy is not established.

In a 35-day study in children aged 5 to 12, no tolerance to the antihistaminic effect (suppression of wheal and flare) of cetirizine was found. When a treatment with cetirizine is stopped after repeated administration, the skin recovers its normal reactivity to histamine within 3 days.

In a six-week, placebo-controlled study of 186 patients with allergic rhinitis and concomitant mild to moderate asthma, cetirizine 10 mg once daily improved rhinitis symptoms and did not alter pulmonary function. This study supports the safety of administering cetirizine to allergic patients with mild to moderate asthma.

In a placebo-controlled study, cetirizine given at the high daily dose of 60 mg for seven days did not cause statistically significant prolongation of QT interval.

At the recommended dosage, cetirizine has demonstrated that it improves the quality of life of patients with perennial and seasonal allergic rhinitis.

## 5.2 Pharmacokinetic properties

The steady-state peak plasma concentrations is approximately 300 ng/ml and is achieved within  $1.0 \pm 0.5$  h. No accumulation is observed for cetirizine following daily doses of 10 mg for 10 days. The distribution of pharmacokinetic parameters such as peak plasma concentration ( $C_{\max}$ ) and area under curve (AUC), is unimodal in human volunteers.

The extent of absorption of cetirizine is not reduced with food, although the rate of absorption is decreased. The extent of bioavailability is similar when cetirizine is given as solutions, capsules or tablets.

The apparent volume of distribution is 0.50 l/kg. Plasma protein binding of cetirizine is  $93 \pm 0.3$  %. Cetirizine does not modify the protein binding of warfarin.

Cetirizine does not undergo extensive first pass metabolism. About two third of the dose are excreted unchanged in urine. The terminal half-life is approximately 10 hours.

Cetirizine exhibits linear kinetics over the range of 5 to 60 mg.

### Special populations

#### *Elderly*

Following a single 10 mg oral dose, half-life increased by about 50 % and clearance decreased by 40 % in 16 elderly subjects compared to the normal subjects. The decrease in cetirizine clearance in these elderly volunteers appeared to be related to their decreased renal function.

#### *Children, infants and toddlers*

The half-life of cetirizine was about 6 hours in children of 6-12 years and 5 hours in children 2-6 years. In infants and toddlers aged 6 to 24 months, it is reduced to 3.1 hours.

#### *Renally impaired patients*

The pharmacokinetics of the drug were similar in patients with mild impairment (creatinine clearance higher than 40 ml/min) and healthy volunteers. Patients with moderate renal impairment had a 3-fold increase in half-life and 70 % decrease in clearance compared to healthy volunteers.

Patients on hemodialysis (creatinine clearance less than 7 ml/min) given a single oral 10 mg dose of cetirizine had a 3-fold increase in half-life and a 70 % decrease in clearance compared to normals. Cetirizine was poorly cleared by haemodialysis. Dosing adjustment is necessary in patients with moderate or severe renal impairment (see section 4.2).

#### *Hepatically impaired patients*

Patients with chronic liver diseases (hepatocellular, cholestatic, and biliary cirrhosis) given 10 or 20 mg of cetirizine as a single dose had a 50 % increase in half-life along with a 40 % decrease in clearance compared to healthy subjects. Dosing adjustment is only necessary in hepatically impaired patients if concomitant renal impairment is present.

## 5.3 Preclinical safety data

Non-clinical data reveal no special hazard for humans based on conventional studies of safety pharmacology, repeated dose toxicity, genotoxicity, carcinogenic potential, toxicity to reproduction.

## 6 PHARMACEUTICAL PARTICULARS

### 6.1 List of excipients

#### *Core:*

Lactose monohydrate  
Microcrystalline cellulose  
Anhydrous colloidal silica  
Magnesium stearate

*Coat:*  
Titanium dioxide (E171)  
Hypromellose (E464)  
Macrogol

## **6.2 Incompatibilities**

Not applicable.

## **6.3 Shelf life**

3 years.

## **6.4 Special precautions for storage**

This medicinal product does not require any special storage conditions.

## **6.5 Nature and contents of container**

PVC//PVDC/alu blisters.

Blister with 7, 10, 14, 20, 28, 30, 50x1, 50, 60, 90 and 100 tablets.

Not all pack sizes may be marketed.

## **6.6 Special precautions for disposal**

No special requirements.

## **7 MARKETING AUTHORISATION HOLDER**

Teva Pharma B.V.  
Computerweg 10,  
3542 DR Utrecht,  
The Netherlands

## **8 MARKETING AUTHORISATION NUMBER**

PA0749/175/002

## **9 DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**

Date of first authorisation: 21<sup>st</sup> June 2013

## **10 DATE OF REVISION OF THE TEXT**

June 2016