

PHARMACY ACTION POLARELIEF

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Pharmacy Action Polarelief?

Pharmacy Action Polarelief tablets contain the active ingredient dexchlorpheniramine maleate. Pharmacy Action Polarelief is used to relieve symptoms associated with allergic rhinitis (including hayfever), such as sneezing, runny or itchy nose and burning or itchy eyes. It may also be used to relieve symptoms associated with hives (also known as chronic urticaria). These symptoms include itching, redness and lumps on the skin. Pharmacy Action Polarelief can also be used to treat drug reactions. For more information, see Section [1. Why am I using Pharmacy Action Polarelief?](#) in the full CMI.

2. What should I know before I use Pharmacy Action Polarelief?

Do not use if you have ever had an allergic reaction to dexchlorpheniramine maleate or any of the ingredients listed at the end of the CMI.

Talk to your doctor or pharmacist if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use Pharmacy Action Polarelief?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Pharmacy Action Polarelief and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use Pharmacy Action Polarelief?

- Adults and children over 12 years take one tablet every 6 hours.
- After initial relief is obtained, dosage may be reduced to one tablet daily as required.

More instructions can be found in Section [4. How do I use Pharmacy Action Polarelief?](#) in the full CMI.

5. What should I know while using Pharmacy Action Polarelief?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using Pharmacy Action Polarelief.• Tell your doctor or pharmacist if you become pregnant while you are using this medication.
Things you should not do	<ul style="list-style-type: none">• Do not give Pharmacy Action Polarelief to anyone else, even if their symptoms seem similar to yours.• Do not take Pharmacy Action Polarelief to treat any other complaints unless your doctor or pharmacist says to.
Driving or using machines	<ul style="list-style-type: none">• If you feel tired, drowsy, dizzy or light-headed, do not drive a vehicle or operate machinery.
Drinking alcohol	<ul style="list-style-type: none">• Do not drink alcohol while using this medication.
Looking after your medicine	<ul style="list-style-type: none">• Keep the medicine in a cool dry place where the temperature stays below 25°C. Protect from light.• Keep it where children cannot reach it.

For more information, see Section [5. What should I know while using Pharmacy Action Polarelief?](#) in the full CMI.

6. Are there any side effects?

Pharmacy Action Polarelief may cause common side effects like sleepiness, upset stomach, loss of appetite, thickening of mucus, stuffy nose, tight chest, dry mouth, nose or throat. Pharmacy Action Polarelief may cause serious side effects like wheezing, irregular heartbeats, skin rash, unable or difficulty passing urine or passing urine more often than usual, tiredness, headache, dizziness, spinning sensation, with yellowing of the skin and/ or eyes, hallucinations, tingling or numbness in the hands or feet, also known as 'pins and needles'.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

PHARMACY ACTION POLARELIEF tablets

Active ingredient: *Dexchlorpheniramine maleate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Pharmacy Action Polarelief. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Pharmacy Action Polarelief.**

Where to find information in this leaflet:

- [1. Why am I using Pharmacy Action Polarelief?](#)
- [2. What should I know before I use Pharmacy Action Polarelief?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Pharmacy Action Polarelief?](#)
- [5. What should I know while using Pharmacy Action Polarelief?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Pharmacy Action Polarelief?

Pharmacy Action Polarelief contains the active ingredient **dexchlorpheniramine maleate**.

Pharmacy Action Polarelief is an antihistamine.

Antihistamines help reduce allergic symptoms by preventing the effects of a substance called histamine.

Histamine is produced by the body in response to foreign substances which the body is allergic to.

Pharmacy Action Polarelief is used to relieve symptoms associated with allergic rhinitis (including hayfever), such as sneezing, runny or itchy nose and burning or itchy eyes.

Pharmacy Action Polarelief may also be used to relieve symptoms associated with hives (also known as chronic urticaria). These symptoms include itching, redness and lumps on the skin.

PHARMACY ACTION POLARELIEF can also be used to treat drug reactions.

2. What should I know before I use Pharmacy Action Polarelief?

Warnings

Do not use Pharmacy Action Polarelief:

- if you are allergic to dexchlorpheniramine maleate, or any of the ingredients listed at the end of this leaflet.

Always check the ingredients to make sure you can use this medicine.

- if you are also taking medicines used to treat depression such as monoamine oxidase inhibitor (MAOI). Taking Pharmacy Action Polarelief tablets together with an MAOI may exaggerate the effects of Pharmacy Action Polarelief and cause a severe drop in your blood pressure.
- in children less than 12 years of age.
- after the expiry date (EXP) printed on the pack.
- if the packaging is torn or shows signs of tampering.

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

Check with your doctor or pharmacist if you:

- have any other medical conditions such as:
 - seizures,
 - liver or kidney disease,
 - an overactive thyroid gland,
 - heart disease,
 - high blood pressure,
 - raised pressure in the eye,
 - prostate problems,
 - difficulty passing urine,
 - a narrowing or blockage between the stomach and small intestine which causes vomiting of undigested food or peptic ulcer.
- take any medicines for any other condition.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed. This medication may be transferred in breast milk to your baby.

If you are in the third trimester of pregnancy, you must tell your doctor you are taking this medication because newborn babies may have severe reactions to antihistamine.

Children less than 12 years

Do not give Pharmacy Action Polarelief to children less than 12 years of age.

Use in the elderly

The elderly may experience paradoxical excitation with Pharmacy Action Polarelief. In patients over 60 years of age, antihistamines may cause dizziness, sedation and hypotension. Also, they are more likely to have central nervous system (CNS) depressive side effects, including confusion.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with Pharmacy Action Polarelief and affect how it works. These include:

- monoamine oxidase inhibitor (MAOI).

These medicines may affect Pharmacy Action Polarelief and may cause a decrease in blood pressure.

Pharmacy Action Polarelief may interfere with other medicines. These include:

- alcohol. The effects of alcohol can be increased by some antihistamine medicines, including Pharmacy Action Polarelief. If you drink alcohol, the drowsiness, dizziness or light-headedness may become worse;
- medicines used to treat depression such as tricyclic antidepressants;
- strong/narcotic pain killers, such as codeine, morphine and dextropropoxyphene;
- some medicines used to help you sleep;
- some medicines used to treat anxiety;
- some medicines used to stop blood clotting, such as warfarin.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Pharmacy Action Polarelief.

4. How do I use Pharmacy Action Polarelief?

How much to take

- Adults and children over 12 years: Take one tablet every 6 hours.
- After initial relief is obtained, dosage may be reduced to one tablet daily as required.
- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage.

When to take Pharmacy Action Polarelief

- Pharmacy Action Polarelief can be taken before or after food.

How to take Pharmacy Action Polarelief

- Swallow the tablet whole with a glass of water.
- Continue taking Pharmacy Action Polarelief until your symptoms have resolved. However, if symptoms persist consult your doctor or pharmacist.

If you use too much Pharmacy Action Polarelief

If you think that you have used too much Pharmacy Action Polarelief, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26); or
- contact your doctor; or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using Pharmacy Action Polarelief?

Things you should do

- If you become pregnant while taking Pharmacy Action Polarelief, tell your doctor.

Remind any doctor, dentist or pharmacist you visit that you are using Pharmacy Action Polarelief.

Things you should not do

- Do not give Pharmacy Action Polarelief to anyone else, even if their symptoms seem similar to yours.
- Do not use this medication to treat any other complaints unless your doctor or pharmacist says to.
- Do not drink alcohol while taking this medication.

Things to be careful of

- Protect your skin when you are in the sun especially between 10 am to 3 pm.
- If you are outdoors, wear protective clothing and use a 30+ sunscreen. Pharmacy Action Polarelief may cause your skin to be more sensitive than it is normally.
- If your mouth continues to feel dry for more than 2 weeks check with your doctor or dentist. Antihistamines may cause dryness of mouth, nose and throat.
- Stop taking Pharmacy Action Polarelief 48 hours before you have any skin tests. Antihistamines may interfere with the results of skin tests.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Pharmacy Action Polarelief affects you.

If you feel tired, drowsy, dizzy or light-headed, do not drive a vehicle or operate machinery.

As with some other antihistamine medicines, Pharmacy Action Polarelief may cause tiredness, drowsiness, dizziness or light-headedness in some people.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Alcohol may worsen the drowsiness, dizziness or light-headedness.

Looking after your medicine

- Keep the medicines in a cool dry place where the temperature stays below 25°C.
- Keep your tablets in the blister pack until it is time to take them.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight, for example, do not store it:

- in the bathroom or near a sink; or
- in the car or on window sills.

Keep it where young children cannot reach it.

When to discard your medicine

If your doctor or pharmacist tells you to stop taking this medicine or they have passed the expiry date.

Ask your pharmacist what to do with any that are left over.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

Less serious side effects

Less serious side effects	What to do
<p>Nervous system-related:</p> <ul style="list-style-type: none"> • Sleepiness. <p>Gastrointestinal-related:</p> <ul style="list-style-type: none"> • Upset stomach. • Loss of appetite. <p>Respiratory-related:</p> <ul style="list-style-type: none"> • Thickening of mucus. • Stuffy nose. • Tight chest. • Dry mouth, nose or throat. 	<p>Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.</p>

Serious side effects

Serious side effects	What to do
SERIOUS SIDE EFFECTS	Call your doctor straight away or

<p>Respiratory-related:</p> <ul style="list-style-type: none"> • Wheezing or being short of breath. <p>Cardiovascular-related:</p> <ul style="list-style-type: none"> • Fast, pounding or irregular heartbeat. <p>Allergic reactions:</p> <ul style="list-style-type: none"> • Skin rash. <p>Genitourinary-related:</p> <ul style="list-style-type: none"> • Unable or difficulty passing urine. • Passing urine more often than usual. <p>Nervous system-related:</p> <ul style="list-style-type: none"> • Tiredness, headache, dizziness, spinning sensation, with yellowing of the skin and/or eyes. • Hallucinations. • Tingling or numbness in the hands or feet, also known as 'pins and needles'. <p>VERY SERIOUS SIDE EFFECTS</p> <p>Respiratory- or cardiovascular-related:</p> <ul style="list-style-type: none"> • Chest pain. <p>Allergic reactions:</p> <ul style="list-style-type: none"> • Sudden signs of allergy such as rash, hives. • Swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing. <p>Nervous system-related:</p> <ul style="list-style-type: none"> • Convulsions, fits or seizures. • Coma. 	<p>go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</p>
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Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is available over-the-counter without a doctor's prescription.

What Pharmacy Action Polarelief contains

Active ingredient (main ingredient)	Dexchlorpheniramine maleate
Other ingredients (inactive ingredients)	Maize starch Pre-gelatinised starch Magnesium stearate
Potential allergens	Lactose monohydrate (sugars)

Do not take this medicine if you are allergic to any of these ingredients.

What Pharmacy Action Polarelief looks like

Pharmacy Action Polarelief tablets are white, round, flat, uncoated tablets, scored on one side and plain on the other side (AUST R 372472).

Pharmacy Action Polarelief is available in blister packs of 20 or 40 tablets.

Who distributes Pharmacy Action Polarelief

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💻 www.generichealth.com.au

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