

Package leaflet: Information for the user

Bilastine Zentiva 20 mg tablets

bilastine

[For medicinal products **subject** to medical prescription – Rx]

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

[For medicinal products **not subject** to medical prescription – OTC]

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 3 days.

What is in this leaflet:

1. What <Invented name> is and what it is used for
2. What you need to know before you take <Invented name>
3. How to take <Invented name>
4. Possible side effects
5. How to store <Invented name>
6. Contents of the pack and other information

1. What <Invented name> is and what it is used for

<Invented name> contains the active substance bilastine which is an antihistamine. <Invented name> is used to relieve the symptoms of hayfever (sneezing, itchy, runny, blocked-up nose and red and watery eyes) and other forms of allergic rhinitis. It may also be used to treat itchy skin rashes (hives or urticaria).

<Invented name> is indicated for use in adults and adolescents aged 12 years and older.

2. What you need to know before you take <Invented name>

Do not take <Invented name>

if you are allergic to bilastine or any of the other ingredients of this medicine (listed in section 6).

Warnings and precautions

Talk to your doctor or pharmacist before using <Invented name> if you have moderate or severe renal impairment, low blood levels of potassium, magnesium, calcium, if you have or had heart rhythm problems or if your heart rate is very low, if you are taking medicines that may affect the heart rhythm,

if you have or had a certain abnormal pattern to your heart beat (known as prolongation of the QTc interval on the Electrocardiogram) which can occur in some forms of heart disease and in addition you are taking other medicines (see “Other medicines and <Invented name>”).

Children

Do not give this medicine to children under 12 years of age.

Other medicines and <Invented name>

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription.

In particular, please discuss with your doctor if you are taking any of the following medicines:

- Ketoconazole (an antifungal medicine)
- Erythromycin (an antibiotic)
- Diltiazem (to treat angina)
- Cyclosporine (to reduce the activity of your immune system, thus avoiding transplant rejection or reducing disease activity in autoimmune and allergic disorders, such as psoriasis, atopic dermatitis or rheumatoid arthritis)
- Ritonavir (to treat HIV infection)
- Rifampicin (an antibiotic)

<Invented name> with food, drink and alcohol

These tablets should **not** be taken with **food or with grapefruit juice or other fruit juices**, as this will decrease the effect of bilastine. To avoid this, you can:

- take the tablet and wait for one hour before taking food or fruit juice or
- if you have taken food or fruit juice, wait for two hours before taking the tablet.

Bilastine, at the recommended dose (20 mg), does not increase the drowsiness produced by alcohol.

Pregnancy, breast-feeding and fertility

There are no or limited amount of data from the use of bilastine in pregnant women and during breast-feeding and on the effects on fertility.

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor for advice before taking this medicine.

Driving and using machines

It has been demonstrated that bilastine 20 mg does not affect the driving performance in adults. However, the response from each patient to the medicine may be different. Therefore, you should check how this medicine affects you, before driving or operating machinery.

<Invented name> contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially ‘sodium-free’.

3. How to take <Invented name>

[For medicinal products **subject** to medical prescription – Rx]

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

[For medicinal products **not subject** to medical prescription – OTC]

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose in adults, including the elderly and adolescents aged 12 years and over, is

1 tablet (20 mg) a day.

- The tablet is for oral use.
- The tablet must be taken one hour before or two hours after intake of food or fruit juice (see section 2, <Invented name> with food, drink and alcohol”).
- Swallow your tablet with a glass of water.

[For medicinal products **subject** to medical prescription – Rx]

Regarding the duration of treatment, your physician will determine the type of disease you are suffering from and will determine for how long you should take <Invented name>.

[For medicinal products **not subject** to medical prescription – OTC]

Regarding the duration of treatment, you must contact a doctor if your symptoms worsen or do not improve after 3 days or if any of the side effects gets serious, or if you notice any side effects not listed in this leaflet.

Do not use this medicine for more than 10 days without medical advice.

Use in children

Do not give this medicine to children under 12 years of age.

If you take more <Invented name> than you should

If you, or anyone else, have taken too many <Invented name> tablets, contact your doctor or pharmacist **immediately** or go to the emergency department of your nearest hospital. Please remember to take this medicine pack or this leaflet with you.

If you forget to take <Invented name>

Do not take a double dose to make up for a forgotten dose.

If you forget to take your dose on time, take it as soon as possible, and then go back to your regular dosing schedule.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you experience symptoms of an allergic reaction the signs of which may include difficulty in breathing, dizziness, collapsing or losing consciousness, swelling of your face, lips, tongue or throat, and/or swelling and redness of the skin, stop taking the medicine and seek urgent medical advice straight away.

Side effects that may be experienced in adults and adolescents are:

Common: may affect up to 1 in 10 people

- headache
- drowsiness

Uncommon: may affect up to 1 in 100 people

- abnormal ECG heart tracing
- blood tests which show changes in the way the liver is working
- dizziness
- stomach pain
- tiredness
- increased appetite
- irregular heartbeat

- increased weight
- nausea (the feeling of being sick)
- anxiety
- dry or uncomfortable nose
- belly pain
- diarrhoea
- gastritis (inflammation of the stomach wall)
- vertigo (a feeling of dizziness or spinning)
- feeling of weakness
- thirst
- dyspnoea (difficulty in breathing)
- dry mouth
- indigestion
- itching
- cold sores (oral herpes)
- fever
- tinnitus (ringing in the ears)
- difficulty in sleeping
- blood tests which show changes in the way kidney is working
- blood fats increased

Frequency not known: cannot be estimated from the available data

- palpitations (feeling your heart beat)
- tachycardia (fast heart beat)
- vomiting

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly via [the national reporting system listed in Appendix V](#). By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store <Invented name>

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and the blisters after EXP. The expiry date refers to the last day of that month.

This medicine does not require any special storage conditions.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6. Contents of the pack and other information

What <Invented name> contains

- The active substance is bilastine. Each tablet contains 20 mg of bilastine.
- The other ingredients are: mannitol (E 421), cellulose microcrystalline, sodium starch glycolate, magnesium aluminometasilicate, magnesium stearate, silica colloidal anhydrous.

What <Invented name> looks like and contents of the pack

<Invented name> tablets are round, white to off-white biconvex, approx. 7 mm diameter.

PVC/PVdC-Alu blister or OPA-Alu-PVC/Alu blister

Pack size: 10 or 20 tablets.

Not all pack sizes may be marketed.

Marketing Authorization Holder and Manufacturer

[To be completed nationally]

This medicine is authorised in the Member States of the European Economic Area under the following names:

[To be completed nationally]

This leaflet was last revised in 22 Oct 2025