

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
TEXA ALLERGY TABLETS**

ISIMO SESHEDULI YOKUPHEPHA NOBUNGOZI BOMUTHI

S1

IGAMAKUHWABA LOMKHIQIZO KANYE NESIMO SOMTHAMOSILINGANISO

Iphilisi iTEXA ALLERGY TABLETS

Funda lonke leli pheshana ngokucophelela ngoba liqukethe ulwazi olubalulekile kuwena.

ITEXA ALLERGY TABLETS iyatholakala ngaphandle kwencwadi kadokotela, uma ufuna ukwelapha ukugula okuncane, okusho, ukugula okungekona lokho okunamandla kakhulu noma okubucayi. Kepha-ke noma kunjalo, kumele uyisebenzise ngokucophelela i**TEXA ALLERGY TABLETS** ukuze usizakale ngokuphelele kuyona.

- Ligcine leli pheshana lolwazi. Kungenzeka ukuthi kudingeke ukuba uphinde futhi ulifunde.
- Ungabelani nanoma yimuphi omunye umuntu nge**TEXA ALLERGY TABLETS**.
- Buza usokhemisi wakho uma udinga ulwazi oluthe xaxa noma iseluleko.
- Kumele ubonane nodokotela uma ziba zimbi kakhulu izimpawu ezikuphethe noma uma ungabi ngcono emuva kwezinsuku eziyisikhombisa.

1. OKUQUKETHWE YITEXA ALLERGY TABLETS

Isithako sokwelapha esiyinhloko esiqukethwe yila maphilisi yicetirizine dihydrochloride.

ITEXA ALLERGY TABLETS iqukethe icetirizine dihydrochloride engama-10 mg.

Ezinye izithako ezifakiwe kwingxenye engaphakathi yaleli philisi yicrospovidone, lactose monohydrate, magnesium stearate, microcrystalline cellulose, kanye nesilica colloidal anhydrous.

Ungwengwezana lwengxenye engaphandle yephilisi luqukethe imicrocrystalline cellulose, hypromellose, macrogol stearate, titanium dioxide kanye nepropylene glycol.

ITEXA ALLERGY TABLETS iqukethe ushukela (ilactose monohydrate 117,0 mg) (bheka isigatshana esithi Ulwazi olubalulekile mayelana nezinye zezithako ze**TEXA ALLERGY TABLETS**).

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2. ITEXA ALLERGY TABLETS ISETSHENZISELWA LOKHU

ITEXA ALLERGY TABLETS iyingxenye yeqoqwana lemithi ebizwa ngamalong-acting non-sedating antihistamines, okusho imithi yokwelapha ama-aleji esebenza isikhathi eside emzimbeni futhi engenzi ukuthi umuntu ozele noma afikelwe ubuthongo.

ITEXA ALLERGY TABLETS isetshenziselwa ukwelapha ukugula okuphathelene nama-aleji (ukungezwani komzimba nento ethile edala inkinga emzimbeni) okusho ukugula okunjenge:

- allergic rhinitis (ukucinana emakhaleni noma amafinyila, ukuthimula okubangelwa ngama-aleji) kanye nemfiva ethimulisayo, phecelezi ihay fever
- izifo zesikhumba ezibangelwa ukungezwani komzimba nento ethile ezinjenge-urticaria (ukuqubuka kwesikhumba okuyindilinga, futhi kwesinye isikhathi okuhambisana nokuvuvukala okunobungozi, okubangelwa ukungezwani komzimba nokuthile).

3. NGAPHAMBI KOKUBA UTHATHE ITEXA ALLERGY TABLETS

Ungalokothi uthathe ITEXA ALLERGY TABLETS:

- uma umzimba wakho ungewzani nezithako icetirizine, hydroxyzine, piperazine noma ungewzani nanoma yisiphi esinye isithako se**TEXA ALLERGY TABLETS** (bheka isigatshana esithi OKUQUKETHWE YITEXA ALLERGY TABLETS)
- uma uxinwe kakhulu yisifo sezinsu esibucayi
- uma ukhulelwe noma uncelisa umntwana wakho (bheka isigatshana esithi Ukukhulelwa kanye nokuncelisa)
- uma uphethwe yisifuba somoya, phecelezi i-asthma futhi uma esikhathini esedlule uke waba nemithelela engathandeki edalwa yimithi yokwelapha ama-aleji
- izingane ezineminyaka engaphansi kwemibili ubudala akufanele zinikezwe i**TEXA ALLERGY TABLETS**, njengoba kungaqinisekiswa ukuphepha kanye nokusebenza kahle kwayo ezinganeni.

Aphela kakhulu uma usebenzisa iTEXA ALLERGY TABLETS:

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TEXA ALLERGY TABLETS**

- **ITEXA ALLERGY TABLETS** iwumuthi ongakwenzi ufikelwe ukozela noma ukulala, kodwa-ke ezinye iziguli zifikelwa ubuthongo emuva kokuphuza lama philisi (bheka isigatshana esithi Ukushayela kanye nokusebenzisa imishini)
- uma usebenzisa **iTEXA ALLERGY TABLETS** ungalokothi uphuze utshwala (bheka isigatshana esithi Ukuphuza iTEXA ALLERGY TABLETS nokudla kanye nophuzo)
- uma unanoma yisiphi esinye isifo esenza ungachami njengokujwayelekile (ubunzima bokusebenza kwesinye nokungachami ngendlela efanele)
- uma uyisiguli esinesithuthwane (uma unesifo sokuwa), noma uma uyisiguli esisengcupheni yokuhlaselwa wukudlikiza komzimba okungalawuleki
- uma uzoyohlololwa ama-aleji, kumele uyeke ukusebenzisa **iTEXA ALLERGY TABLETS** okungenani kusasele izinsuku ezintathu ngaphambi kokuba uyohlolwa, njengoba kungenzeka ukuthi lama philisi aphazamise imiphumela yakho yokuhlololwa ama-aleji
- uma ungumuntu osekhulile ngokweminyaka, makhulu amathuba okuthi ube nemithelela engathandeki ebangelwa yi**ITEXA ALLERGY TABLETS**
- **ITEXA ALLERGY TABLETS** akumele neze inikezwe izingane ezingaphansi kweminyaka eyisithupha ubudala njengoba kunokwenzeka ukuthi amaphilisi angakulungeli ukusetshenziswa yizingane ngenxa yomthamosilinganiso onqunyiwe.

Ukuphuza iTEXA ALLERGY TABLETS nokudla kanye nophuzo:

ITEXA ALLERGY TABLETS ungayiphuza nokudla noma uyiphuze ngaphandle kokudla. Kumele ubugweme utshwala.

Ukukhulelwa kanye nokuncelisa:

Ungalokothi usebenzise **iTEXA ALLERGY TABLETS** uma ukhulelwe, uhlela ukukhulelwa noma uma usancelisa umntwana wakho (bheka isigatshana esithi Ungalokothi uthathe **iTEXA ALLERGY TABLETS**).

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TEXA ALLERGY TABLETS**

Uma ukhulelwe noma usancelisa umntwana wakho, bonisana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ukuze akweluleke ngaphambi kokuba uqale ukusebenzisa **ITEXA ALLERGY TABLETS**.

Ukushayela kanye nokusebenzisa imishini:

ITEXA ALLERGY TABLETS ingadala ukuthi uphathwe wubuthongo futhi kumele uqaphele kakhulu ngaphambi kokuthi ushayele imoto, usebenzise umshini onobungozi noma wenze imisebenzi eyingozi.

Ulwazi olubalulekile mayelana nezinye zezithako zeTEXA ALLERGY TABLETS:

- **ITEXA ALLERGY TABLETS** iqukethe uhlobo lukashukela wobisi olubizwa ngelactose. Iziguli ezinezifo zofuzo ezingavamile zokuhluleka komzimba ukugaya ushukela wobisi noma olunye uhlobo lukashukela olubizwa ngegallactose akumele zisebenzise **ITEXA ALLERGY TABLETS**.
- **ITEXA ALLERGY TABLETS** iqukethe ushukela wobisi ongaba nomthelela ekulawulekeni koshukela egazini lakho uma ungumuntu onesifo sika-shukela.

Ukusebenzisa eminye imithi ngesikhathi esifanayo neTEXA ALLERGY TABLETS:

Kumele ngaso sonke isikhathi umazise umhlinzeki wakho wosizo lwezempilo nokwelashwa uma kukhona nanoma iyiphi eminye imithi oyisebenzisayo. (Lokhu kubandakanya nemithi eyizondlamzimba kanye nemithi yesintu.)

- Akulungile neze ukuphuza **ITEXA ALLERGY TABLETS** kanyekanye nanoma iyiphi eminye imithi engakwenza ufikelwe wubuthongo (izidungamizwa, imithi elalisayo noma iziqedazinhlungu ezinamandla).

4. ISETSHEZISWA KANJANI ITEXA ALLERGY TABLETS

Ungalokothi wabelane nanoma yimuphi omunye umuntu ngemithi onikezwe yona ngumhlinzeki wakho wosizo lwezempilo nokwelashwa ngoba iqondene nawe kuphela. Kumele njalo **ITEXA ALLERGY TABLETS** uyiphuze ncimishi ngendlela oyalelwe ngayo kuleli pheshana lolwazi. Kumele ubuze udokotela wakho noma usokhemisi uma ungaqinisekile.

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TEXA ALLERGY TABLETS**

Abantu abadala noma izingane ezineminyaka eyi-12 ubudala noma ngaphezulu:

10 mg (iphilisi elilodwa) kanye njalo ngosuku.

Izingane ezineminyaka eyisithupha kuya kweyi-12 ubudala:

5 mg (uhhafu wephilisi) kabili njalo ngosuku noma u-10 mg (iphilisi elilodwa) kanye njalo ngosuku.

Uma unenkinga yesifo sezinsu noma sesibindi, kumele uphuze u-5 mg (uhhafu wephilisi) kanye njalo ngosuku.

Uma uphuze iTEXA ALLERGY TABLETS engaphezulu kwaleyo okumele uyiphuze:

Uma kwenzekile waphuza umthamosilinganiso wamaphilisi oweqile, xhumana nodokotela wakho noma usokhemisi. Uma uhluleka ukuthola omunye walaba, xhumana nesibhedlela esiseduze nawe noma isikhungo esilawula ubuthi/ushevu.

Izimpawu zokuphuza umthamosilinganiso oweqile kulowo okumele uwuphuze kungenzeka zibandakanye ukudideka, isifo sohudo, isiyenzi, ikhanda elibuhlungu, ukuzizwa ungaphilile neze emzimbeni wonke, izinhlamvu zamehlo ezinwebekile, ukungahlaliseki (ukungabi nasinqe), ukozela, ukuba sesimweni sokundwaza nje okwenza kube nzima ukwenza lokho okuthiwa kwenze, ukuzizwa unobuthongo noma ukhathele, inhliziyo encane (ukucasuka kalula), ukuqubuka esikhunjani, ukuphuma komchamo omncane kunalokho okujwayelekile kuwena lapho uchama, ukuqhaqha noma ukuthuthumela okungalawuleki, kanye nenhliziyo eshaya ngamandla.

Uma kwenzeka ukhohlwa ukuphuza iTEXA ALLERGY TABLETS:

Ngokushesha emuva kokukhumbula, wuphuze lowo mthamosilinganiso wamaphilisi ongawuphuzanga.

Uma sekusondele isikhathi sokuphuza umthamosilinganiso wamaphilisi olandelayo, ungabe usawuphuza lowo mthamosilinganiso ongawuphuzanga futhi uqhubeke uphuze umthamosilinganiso weTEXA ALLERGY TABLETS njengokujwayelekile ngesikhathi esilandelayo esibekiwe. Ungalokothi uphuze imithamosilinganiso yamaphilisi ephindwe kabili ngenhloso yokuvala isikhala semithamosilinganiso yamaphilisi okhohliwe ukuwaphuza.

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TEXA ALLERGY TABLETS**

Imithelela ongahlangabezana nayo uma uyeka ukwelashwa ngeTEXA ALLERGY TABLETS:

Uma uyeka ukwelashwa nge**TEXA ALLERGY TABLETS**, kungenzeka isikhumba sakho sibe nokuluma okukhulu noma simile amaqhubu amakhulu. Uma kwenzeka lokhu, qala futhi usebenzise **ITEXA ALLERGY TABLETS**, futhi izophela imithelela engathandeki.

5. IMITHELELA ENGATHANDEKI OKUNGENZEKA IBE KHONA:

ITEXA ALLERGY TABLETS kungenzeka ibe nemithelela engathandeki emzimbeni.

Akuyona yonke imithelela engathandeki ebikiwe ye**TEXA ALLERGY TABLETS** equkethwe kuleli pheshana lolwazi. Uma siba sibi isimo sakho sempilo jikelele, noma uma uzwa umthelela ongemnandi futhi ongathandeki emzimbeni ngenkathi usebenzisa **ITEXA ALLERGY TABLETS**, xhumana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ukuze uthole ukwelulekwa.

Uma kwenzeka noma yikuphi kulokhu okulandelayo, yeka ukusebenzisa **ITEXA ALLERGY**

TABLETS futhi utshele udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe:

- ukuvuvukala kwezandla, izinyawo, amaqakala, ubunzima bokuphefumula, okungenzeka kuhambisane noma kungahambisani nokuvuvukala kobuso, izindebe zomlomo, ulimu kanye/noma umphimbo, okungenza ukuthi kube nzima ukugwinya
- ukuquleka
- ukuluma kakhulu kwesikhumba (okuhambisana nokumila kwamaqhubu amakhulu emzimbeni, ukuqubuka esikhunjani).

Konke lokhu kuyimithelela engathandeki ebucayi kakhulu futhi enobungozi. Uma unayo, kusho ukuthi kungenzeka ukuthi umzimba wakho awuzwananga neze ne**TEXA ALLERGY TABLETS**.

Kungenzeka udinge usizo lokwelashwa oluphuthumayo noma ukulaliswa esibhedlela.

Tshela udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe uma ubona okunye kwalokhu okulandelayo:

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- ukudlikiza komzimba ngendlela engalawuleki nokuquleka (amafithi)
- ukushaya kwenhliziyo ngokushesha noma ngendlela engajwayelekile
- imicabango yokuzibulala (okubizwa phecelezi ngesuicidal ideation)
- isifo sokuguquka kwesikhumba namehlo kube nombala ophuzi (ijondisi), isicanucanu, izinhlungu esiswini, ukufikelwa wukukhathala okukhulu kanye nemfiva; izimpawu zenkinga yesibindi.

Konke lokhu kuyimithela engathandeki ebucayi futhi enobungozi. Kungenzeka kudingeke ukuba uthole usizo lokwelashwa oluphuthumayo.

Tshela udokotela wakho uma ubona okunye kwalokhu okulandelayo:

Imithela engathandeki evamile ukubonakala:

- umphimbo obuhlungu, amafinyila nekhala elilumayo kanye nokuthimula.

Imithela engathandeki engavamile ukwenzeka:

- isifo segazi, i-anemiya, esihambisana nezimpawu ezinjengokukhathala okukhulu, isikhumba esiphaphathekile, imiphumela yokuhlolwa kwegazi ebonisa okungajwayelekile
- ukopha nokuhuzuka kalula
- ukuzizwa wozela noma unobuthongo, ingcindezi yengqondo, ukudideka, ulaka, inhliziyu encane, ukubona nokuzwa izinto ezingekho, ukungakwazi ukulala (ukungafikelwa ubuthongo)
- ukudikiza kwezicubu zomzimba, ukuqhaqhazela noma ukuthuthumela okungalawuleki
- ukukhathala noma ukuzizwa ubuthakathaka ngendlela engajwayelekile, ukuzizwa ungaphilile emzimbeni wonke
- ukubona ngendlela efiphele noma ukubona into eyodwa sengathi iphindaphindwe kabili, ukukhathala kwamehlo, ubunzima bokugxilisa amehlo, ukupheqa amehlo
- isifo sesiyezi, phecelezi ivertigo (ukuzizwa ungenayo ibhalansi emzimbeni / ikhanda elinomuzwa ozulayo nojikelezayo), ukukhala kwemisindo noma izihlonono ezindlebeni (okubizwa phecelezi ngetinnitus)
- umfutho wegazi ophansi (uzizwe unesiyezi futhi uzwe sengathi uzoquleka, ukuphathwa isiyezi)

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- ukuzwakala komsindo ofana nekhwela uma uphefumula udonsa umoya, ukushuba koketshezi emgudwini wokuphefumula (isikhwehlela)
- isifo sohudo, izinhlungu esiswini, isisu esiqumbile, ukugcwala komoya esiswini, isicanucanu, ukuqunjelwa, umlomo owomile
- imiphumela yokuhlolwa kwegazi ebonisa okungajwayelekile
- ukuqubuka esikhunjeni noma ezinye izinkinga zesikhumba ezinjengesikhumba esilumayo noma esibomvu, noma ukuzwela kakhulu ekukhanyeni
- ukuqothuka kwezinwele, ukujuluka
- ubuhlungu bemisipha
- ukuphuma komchamo omncane kunalokho okujwayelekile
- izinhlungu nokungaphatheki kahle uma uchama
- ukuzichamela embhedeni, ikakhulukazi ukuzichamela kwezingane ebusuku
- ukuzimuka (ukukhuluphala).

Imithelela engathandeki okungaziwa ukuthi ivamise kangakanani ukwenzeka:

- ukukhula kokuthanda nokulangazelela ukudla
- ikhanda elibuhlungu, ukuphathwa isiyenzi
- itwetwe nexhala, uvalo, ukukhohlwa
- amaphupho amabi
- umuzwa wokunsonsotha, ukushisa, ukuncinza (obizwa phecelezi ngamapins and needles), noma ukuba ndikindiki kwesikhumba
- umuzwa wokunambitha okubi emlonyeni
- ukuthuthumela (ukuqhaqhaazela okungalawuleki)
- umqubuko onamabhamuza aqukethe ubovu
- ubuhlungu bamalunga omzimba.

Uma ubona noma iyiphi eminye imithelela engathandeki engabhaliwe kuleli pheshana lolwazi, tshela udokotela wakho noma usokhemisi.

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6. UKUGCINWA NOKUL AHLWA KWETEXA ALLERGY TABLETS

Yonke imithi kumele uyigcine endaweni ezingafinyeleli kuyona izingane.

Amaphilisi wagcine ezingeni lokushisa elingama-30 °C noma ngaphansi kwalokho.

Ungawasebenzisi emuva kosuku lokuphelelwa kwawo yisikhathi olubhalwe kwibhokisana lawo.

Yiphindisele emuva kusokhemisi wakho yonke imithi engasetshenziswanga.

Ungalokothi ulahle imithi engasetshenziswanga ezinhlelweni zamapayipi okuchitha amanzi noma okuthutha indle (isibonelo, ezindlini zangasese).

7. UKWETHULWA KWETEXA ALLERGY TABLETS

Itholakala kumaphakeshana ayizingqwenjana eziyizigcinamaphilisi ezakhiwe nge-Aluminium/PVC ezinamaphilisi ayi-10 noma angama-30, eziqukethwe kumabhokisana anemibhalo ngaphandle.

8. UKUHLONZWA KWETEXA ALLERGY TABLETS

Ingamaphilisi anongwengwezana engxenyeni engaphandle yephilisi, anombala omhlophe kuya kumbala omhlophe ngokusampunga noma ngokusaphuzi (omhloshana), aqumbile kancane ezinhlangothini, ayindingiliza ethi mayifane neqanda enomugqa ohlangothini olulodwa.

9. INAMBA YOKUBHALISWA

A35/5.7.1/0314

10. IGAMA, IKHELI LENKAMPANI KANYE NENAMBA YOCINGO YOMNIKAZI WESITIFIKETI

SOKUBHALISWA:

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TEXA ALLERGY TABLETS**

Inamba yocingo: + 27 21 707 7000

11. USUKU LOKUSHICILELWA:

Usuku lokubhaliswa: 15 Lwezi 2002

Usuku lokugunyazwa kwakamuva: 07 Masingana 2020

NAMIBIA:

NS1 04/5.7.1/1662

ZAMBIA:

P 051/005

MOZAMBIQUE:

2435