5. How to store Loratadine Tablets

- 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 blister after Exp. The expiry date refers to the last day of the month.
- This medicinal product does not require any special storage conditions.
- Do not use this medicine if you notice any change in the appearance of the tablet.
- 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 Loratadine Tablets contain

- The active substance is Loratadine. Each tablet contains 10 mg Loratadine.
- The other ingredients are maize starch, lactose, sodium starch glycolate, magnesium stearate (E572), sodium lauryl sulphate, colloidal anhydrous silica (E551).

What Loratadine Tablets looks like and contents of the pack

Loratadine Tablets are white to off white, round shaped tablets, break line on one side and 'L' embossed on other side.

Loratadine 10mg Tablets are available in blister packs 7, 10, 14, 20 and 30 tablets.

Not all pack sizes may be marketed.

This leaflet was last revised in June 2025

GSL

Marketing Authorisation Holder and Manufacturer:
NOUMED LIFE SCIENCES LIMITED
Noumed House, Shoppenhangers Road,
Maidenhead, Berkshire, England, SL6 2RB

To listen to or request a copy of this leaflet in Braille, large print or audio please call, 020 33 99 8960 (UK only)

Please be ready to give the following information:

Product name
Loratadine 10 mg Tablets

Reference number
PL 44041/0038

Package leaflet: Information for the patient

Loratadine 10 mg Tablets

Loratadine

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, pharmacist, or nurse 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, pharmacist or nurse. 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, if you feel worse or if your symptoms change. See section 4.

What is in this leaflet

1. What Loratadine Tablets are and what they are used for
2. What you need to know before you take Loratadine Tablets
3. How to take Loratadine Tablets
4. Possible side effects
5. How to store Loratadine Tablets
6. Contents of the pack and other information

1. What Loratadine Tablets are and what they are used for

The full name of your medicine is Loratadine 10 mg Tablets

What Loratadine Tablets are

Loratadine Tablets contain the active substance Loratadine which belongs to a class of medicines called "antihistamines".

How Loratadine Tablets work

Loratadine Tablets help to reduce your allergy symptoms by stopping the effects of a substance called "histamine", which is produced in the body when you are allergic to something.

When Loratadine Tablets should be taken

Loratadine Tablets relieves symptoms associated with allergic rhinitis (for example, hay fever), such as sneezing, runny or itchy nose, and burning or itchy eyes.

Loratadine Tablets may also be used to help relieve symptoms of urticaria (itching and redness) which is often known as hives or nettle rash.

The effect of Loratadine Tablets will last a whole day and should help you to continue your normal daily activities and sleep.

You must talk to a doctor if you do not feel better or if you feel worse.

2. What you need to know before you take Loratadine Tablets

Do not take Loratadine Tablets if:

- You are allergic (hypersensitive) to loratadine or any of the other ingredients of this medicine (listed in section 6).
- You are pregnant or breastfeeding.

This section is continued overleaf →

Warnings and precautions
Talk to your doctor, pharmacist or nurse before taking Loratadine Tablets if:
- You have liver disease.
- You are scheduled to have any skin tests for allergies. Do not take Loratadine Tablets for two days before having these tests. This is because it may affect the test results.
- You must contact your doctor if your symptoms change, worsen or do not improve.

If any of the above apply to you (or you are not sure), talk to your doctor, pharmacist or nurse before taking Loratadine Tablets.

Children
Do not give Loratadine Tablets to children younger than 6 years old or to children who weigh 30 kg or less. There are other formulations more suitable for children younger than 6 years old or with a body weight of 30kg or less.

Children under 2 years of age:
The safety and efficacy of Loratadine Tablets have not been established. No data are available.

Other medicines and Loratadine Tablets
The side effects of Loratadine Tablets may increase when used together with medicines that alter the performance of some enzymes responsible for drug-metabolism in the liver. However, in clinical studies, no increase in side effects of loratadine was seen with products that altered the performance of these enzymes. Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. This includes medicines obtained without a prescription.

Loratadine Tablets with alcohol
Loratadine Tablets have not been shown to add to the effects of an alcoholic drink.

Pregnancy and breast-feeding
If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.
As a precautionary measure, it is preferable to avoid the use of Loratadine Tablets during pregnancy.
Do not take Loratadine Tablets if you are breast-feeding.
Loratadine is excreted in breast milk.

Driving and using machines
In clinical trials that assessed driving ability, no impairment was observed in patients receiving loratadine. At the recommended dose, Loratadine Tablets are not expected to cause you to be drowsy or less alert. However, very rarely some people experience drowsiness, which may affect their ability to drive or use machines.

Loratadine Tablets contains lactose
Loratadine Tablets contains lactose; thus if you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

3. How to take Loratadine Tablets

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.
The score line of the tablet is only there to help you break the tablet if you have difficulty swallowing it whole.

Giving this medicine to children
It is important to know how much your child weighs to make sure that you give the correct amount of medicine. For example, a 9 year old child weighs about 30kg. If in doubt weigh your child and then follow the instructions in the table.

Do not give to children who weigh 30 kg or less.
There are other formulations more suitable for children younger than 6 years or with a body weight of 30 kg or less. Not recommended for children under 2 years old.

How much to take:

Age and weight	How much to take	How often to take
Adults and children 6 years and older who **weigh more** than 30kg	1 x tablet	Once daily
Children who weigh 30 kg **or less**	Not recommended	
If you have severe liver problems your doctor or pharmacist may advise you to take the recommended amount every other day. If this applies to you follow their instructions.		

If you take more Loratadine Tablets than you should
If you take more Loratadine Tablets than you should, talk to your doctor or pharmacist straight away. No serious problems are expected however, you may get a headache, have a rapid heartbeat or feel sleepy.

If you forget to take Loratadine Tablets
- If you forget to take your dose, take it as soon as you remember, then continue to take it as usual.
- Do not take a double dose to make up for a forgotten dose.

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

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.
The most commonly reported side effects in adults and children over 12 years of age are:
- drowsiness
- headache
- increased appetite
- difficulty sleeping

The most commonly reported side effects in children aged 2 to 12 years are:
- headache
- nervousness
- tiredness

The following very rare side effects (may affect up to 1 in 10,000 people) have also been seen during the marketing of loratadine:
- severe allergic reaction (including swelling)
- dizziness
- convulsion
- fast or irregular heartbeat
- nausea (feeling sick)
- dry mouth
- upset stomach
- liver problems
- hair loss
- rash
- tiredness

The frequency of the following side effect is not known:
- Weight gain

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

This section is continued overleaf →

Product:	Loratadine 10 mg Tablets			Font Family:	Times New Romans	Min pt size:	9pt
Customer:				Specification:			
Reason for Issue:	Minor Correction			Colours:	■ Black		
PL No:	PL 44041/0038	Pharmacode No:	-	Dimensions:	170mm x 285mm		
Item Code:	LLOR01/01	Layout No:	-	No. of Folds (PIL):	N/A		

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Reference number
PL 44041/0038

Package leaflet: Information for the patient

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Product:	Loratadine 10 mg Tablets (Loratadine)			Font Family:	Times New Romans	Min pt size:	9pt
Customer:				Specification:			
Reason for Issue:	Minor Correction			Colours:	■ Black		
PL No:	PL 44041/0038	Pharmacode No:	-	Dimensions:	140mm x 285mm		
Item Code:	LLOR06/01	Layout No:	-	No. of Folds (PIL):	N/A		