

Montelukast 5 mg chewable tablets

For children from 6 to 14 years

Montelukast

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

- 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 or your child only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as you or your child's.
- If you or your child gets any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What Montelukast is and what it is used for
2. What you need to know before you take Montelukast
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1. WHAT MONTELUKAST IS AND WHAT IT IS USED FOR

What Montelukast is

Montelukast is a leukotriene receptor antagonist that blocks substances called leukotrienes.

How Montelukast works

Leukotrienes cause narrowing and swelling of airways in the lungs. By blocking leukotrienes, Montelukast improves asthma symptoms and helps control asthma.

When Montelukast should be used

Your doctor has prescribed Montelukast to treat asthma, preventing asthma symptoms during the day and night.

- Montelukast is used for the treatment of paediatric patients 6 to 14 years of age who are not adequately controlled on their medication and need additional therapy.
- Montelukast may also be used as an alternative treatment to inhaled corticosteroids for 6 to 14 year old patients who have not recently taken oral corticosteroids for their asthma and have shown that they are unable to use inhaled corticosteroids.
- Montelukast also helps prevent the narrowing of airways triggered by exercise.

Your doctor will determine how Montelukast should be used depending on the symptoms and severity of your or your child's asthma.

What is asthma?

Asthma is a long-term disease.

Asthma includes:

- difficulty breathing because of narrowed airways. This narrowing of airways worsens and improves in response to various conditions.
- sensitive airways that react to many things, such as cigarette smoke, pollen, cold air, or exercise.
- swelling (inflammation) in the lining of airways.

Symptoms of asthma include: Coughing, wheezing, and chest tightness.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE MONTELUKAST

Tell your doctor about any medical problems or allergies you or your child has now or has had.

Do not take Montelukast:

- if you or your child is allergic to montelukast or any of the other ingredients of this medicine (listed in section 6).

Warnings and precautions

Talk to your doctor or pharmacist before you or your child take Montelukast.

- If you or your child's asthma or breathing gets worse, tell your doctor immediately.
- Oral Montelukast is not meant to treat acute asthma attacks. If an attack occurs, follow the instructions your doctor has given you or your child. Always have your inhaled rescue medicine for asthma attacks with you.
- It is important that you or your child take all asthma medications prescribed by your doctor. Montelukast should not be used instead of other asthma medications your doctor has prescribed for you or your child.
- Any patient on anti-asthma medicines, should be aware that if he/she develops a combination of symptoms such as flu-like illness, pins and needles or numbness of arms or legs, worsening of pulmonary symptoms, and/or rash, he/she should consult his/her doctor.
- You or your child should not take acetyl-salicylic acid (aspirin) or anti-inflammatory medicines (also known as non-steroidal anti-inflammatory drugs or NSAIDs) if they make your asthma worse.
- Patients should be aware that various neuropsychiatric events (for example behaviour and mood-related changes) have been reported in adults, adolescents and children treated with Montelukast (see section 4). If you or your child develop such symptoms while taking Montelukast, you should consult your/your child's doctor.

Children and adolescents

Do not give this medicine to children less than 6 years of age.

There are different forms of this medicine available for paediatric patients under 18 years of age based on age range.

Other medicines and Montelukast

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

Some medicines may affect how Montelukast works, or Montelukast may affect how other medicines work.

Tell the doctor if you or your child is taking the following medicines before starting Montelukast:

- phenobarbital (used for treatment of epilepsy)
- phenytoin (used for treatment of epilepsy)
- rifampicin (used to treat tuberculosis and some other infections).

Montelukast with food

Montelukast 5 mg chewable tablets should not be taken immediately with food; they should be taken at least 1 hour before or 2 hours after food.

Pregnancy and breast-feeding

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

Pregnancy

Your doctor will assess whether you can take Montelukast during this time.

Breast-feeding

It is not known if Montelukast appears in breast-milk. You should consult your doctor before taking Montelukast if you are breast-feeding or intend to breast-feed.

Driving and using machines

Montelukast is not expected to affect your ability to drive a car or operate machinery. However, individual responses to medication may vary. Certain side effects (such as dizziness and drowsiness), that have been reported with montelukast may affect some patients' ability to drive or operate machinery.

Montelukast contains aspartame and sodium

This medicine contains 1.5 mg aspartame in each chewable tablet. Aspartame is a source of phenylalanine. It may be harmful if you or your child have/has phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

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

3. HOW TO TAKE MONTELUKAST

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

- You or your child should take only one tablet of Montelukast once a day as prescribed by your doctor.
- It should be taken even when you or your child have/has no symptoms or has an acute asthma attack.

Use in children 6 to 14 years of age

The recommended dose is one 5 mg chewable tablet daily to be taken in the evening.

If you or your child are taking Montelukast, be sure that you or your child do not take any other products that contain the same active ingredient, montelukast.

This medicine is for oral use.

The tablets are to be chewed before swallowing.

Montelukast 5 mg chewable tablets should not be taken immediately with food; they should be taken at least 1 hour before or 2 hours after food.

If you/your child take/takes more Montelukast than you/he/she should

Contact your doctor immediately for advice.

There were no side effects reported in the majority of overdose reports. The most frequently occurring symptoms reported with overdose in adults and children included abdominal pain, sleepiness, thirst, headache, vomiting, and hyperactivity.

If you forget to take Montelukast or give it to your child

Try to take Montelukast as prescribed. However, if you or your child misses a dose, just resume the usual schedule of one chewable tablet once daily.

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

If you or your child stop/stops taking Montelukast

Montelukast can treat your or your child's asthma only if you or your child continues to take it.

It is important to continue taking Montelukast for as long as your doctor prescribes. It will help control your or your child's asthma.

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.

In clinical studies with montelukast 5 mg chewable tablets, the most commonly reported side effect (may affect up to 1 in 10 people) thought to be related to montelukast was:

- headache.

Additionally, the following side effect was reported in clinical studies with montelukast 10 mg film-coated tablets:

- abdominal pain.

These were usually mild and occurred at a greater frequency in patients treated with montelukast than placebo (a pill containing no medication).

Serious side effects

Talk to your doctor/your child's doctor immediately if you notice any of the following side effects, which may be serious, and for which you/your child may need urgent medical treatment.

Uncommon: the following may affect up to 1 in 100 people

- allergic reactions including swelling of the face, lips, tongue, and/or throat which may cause difficulty in breathing or swallowing,
- behaviour and mood related changes: agitation including aggressive behaviour or hostility, depression
- seizure.

Rare: may affect up to 1 in 1,000 people

- increased bleeding tendency,
- tremor,
- palpitations.

Very rare: may affect up to 1 in 10,000 people

- combination of symptoms such as flu-like illness, pins and needles or numbness of arms and legs, worsening of pulmonary symptoms and/or rash (Churg-Strauss syndrome) (see Section 2),
- low blood platelet count,
- behavioural and mood related changes: hallucinations, disorientation, suicidal thoughts and actions,
- swelling (inflammation) of the lungs,
- severe skin reactions (erythema multiforme) that may occur without warning,
- inflammation of the liver (hepatitis).

Other side effects reported while the medicine has been on the market

Very common: may affect more than 1 in 10 people

- upper respiratory infection.

Common: may affect up to 1 in 10 people

- diarrhoea, nausea, vomiting,
- rash,
- fever,
- elevated liver enzymes.

Uncommon: the following may affect up to 1 in 100 people

- behavioural and mood related changes: dream abnormalities, including nightmares, trouble sleeping, sleepwalking, irritability, feeling anxious, restlessness,
- dizziness, drowsiness, pins and needles/numbness,
- nosebleed,
- dry mouth, indigestion,
- bruising, itching, hives,
- joint or muscle pain, muscle cramps,
- bedwetting in children,
- weakness/tiredness, feeling unwell, swelling.

Rare: may affect up to 1 in 1,000 people

- behavioural and mood related changes: disturbance in attention, memory impairment, uncontrolled muscle movements.

Very rare: may affect up to 1 in 10,000 people

- tender red lumps under the skin, most commonly on your shins (erythema nodosum),

- behavioural and mood related changes: obsessive-compulsive symptoms,
- stuttering.

Reporting of side effects

If your child gets 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 Yellow Card Scheme,

Website: 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.

5. HOW TO STORE MONTELUKAST

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 and carton after EXP. The expiry date refers to the last day of that month.

Store in the original package in order to protect from light.

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 protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Montelukast chewable tablets contain

- The active substance is montelukast. Each chewable tablet contains 5 mg montelukast (as montelukast sodium).
- The other ingredients are mannitol (E421), microcrystalline cellulose, croscarmellose sodium, hydroxypropylcellulose, aspartame (E951), red iron oxide (E172), flavour cherry black (also contains glyceryl triacetate (E1518)) and magnesium stearate. See section 2 "Montelukast contains aspartame and sodium".

What Montelukast chewable tablets look like and contents of the pack

Pink, marbled, round, slightly biconvex tablets with bevelled edges and inscription 5 on one side.

Boxes of 7, 10, 14, 20, 28, 30, 49, 50, 56, 84, 90, 98, 100, 140 or 200 chewable tablets in blisters are available.

Marketing Authorisation Holder and Manufacturer

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Distributed by:

Consilient Health (UK) Ltd, No.1 Church Road, Richmond upon Thames, Surrey. TW9 2QE.

This leaflet was last revised in 09/2019.