Te Whatu Ora
Health New Zealand
Waitaha Canterbury

FEXOFENADINE

fex-oh-fen-ah-deen

What does it do?

Fexofenadine is an antihistamine used to treat and prevent allergic conditions such as hayfever and skin rashes.

Before you start

- Tell your health professional if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *fexofenadine* as directed. You can take it with or without food.
Tablet: Take with a glass of water.
Liquid: Measure carefully with an oral syringe or measuring spoon.

What if you forget a dose?

If you take *fexofenadine* regularly and it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *fexofenadine* including:

- some antihistamines or anti-nausea medicines such as promethazine, chlorphenamine, hyoscine patches, or meclozine. These can also be in medicines for allergies and colds.
- products containing aluminium or magnesium, such as antacids (e.g. Mylanta®) or supplements (e.g. Alu-Tab® or Chelated Magnesium®) – do not take these within two hours of *fexofenadine*

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Drowsiness	Unlikely when taken in usual doses. Check you feel okay before driving.

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Grapefruit, oranges, apples or their juices may react with *fexofenadine*. Discuss with your pharmacist.