



### Other side-effects you need to know about

- Your child may feel sleepy, drowsy or sluggish after taking cetirizine. This can last for a few hours, so it may be better to give cetirizine in the evening rather than the morning.
- Your child may get a dry mouth. Eating citrus fruits (e.g. oranges) or taking sips of water may help.
- Your child's eyesight may be blurred (fuzzy).
- Your child may have constipation (difficulty doing a poo, or doing a poo less often than usual). Encourage them to drink plenty of fluid and to eat foods that contain fibre (e.g. wholemeal foods, fruit and vegetables). If this is still a problem after 2 weeks, contact your doctor.
- Your child may find that they urinate (do a wee) less often, or have difficulty doing a wee.
- Your child may feel light headed and faint (dizziness). Encourage them not to stand up too quickly, and to sit or lie down if they feel dizzy.
- They may get headaches when they first start taking cetirizine.

There may, sometimes, be other side-effects that are not listed above. If you notice anything unusual and are concerned, contact your doctor. You can report any suspected side-effects to a UK safety scheme at <http://www.mhra.gov.uk/yellowcard>.

### Can other medicines be given at the same time as cetirizine?

- You can give your child medicines that contain paracetamol or ibuprofen, unless your doctor has told you not to.
- Check with your doctor or pharmacist **before** giving any other medicines to your child. This includes herbal or complementary medicines.

### Is there anything else I need to know about cetirizine?

- If your child continues to get symptoms of hay fever, contact your doctor. They may consider other treatments.
- Symptoms of eczema and asthma may get worse during the hay fever season. If this happens, contact your doctor.

### General advice about medicines

- Try to give medicines at about the same times each day, to help you remember.
- Only give this medicine to your child. Never give it to anyone else, even if their condition appears to be the same, as this could do harm.
- If you think someone else may have taken the medicine by accident, contact your doctor for advice.
- Make sure that the medicine you have at home has not reached the 'best before' or 'use by' date on the packaging. Give old medicines to your pharmacist to dispose of.

### Where should I keep this medicine?

- Keep the medicine in a cupboard, away from heat and direct sunlight. It does not need to be kept in the fridge.
- Make sure that children cannot see or reach the medicine.
- Keep the medicine in the container it came in.

### Who to contact for more information

Your doctor, pharmacist or nurse will be able to give you more information about cetirizine and about other medicines used to treat hay fever.

You can also get useful information from:

England: NHS 111

Tel 111

[www.nhs.uk](http://www.nhs.uk)

Scotland: NHS 24

Tel 111

[www.nhs24.scot](http://www.nhs24.scot)

Wales: NHS Direct

Tel 0845 46 47 (2p per minute) or 111 (free)

[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

Northern Ireland: NI Direct

[www.nidirect.gov.uk](http://www.nidirect.gov.uk)

**Allergy UK**

01322 619 898 - [www.allergyuk.org](http://www.allergyuk.org)

**Itchy Sneezy Wheezy**

[www.itchysneezywheezy.co.uk](http://www.itchysneezywheezy.co.uk)

[www.medicinesforchildren.org.uk](http://www.medicinesforchildren.org.uk)

**WellChild**   
the national charity for sick children

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The primary source for the information in this leaflet is the British National Formulary for Children. For details on any other sources used for this leaflet, please contact us through our website, [www.medicinesforchildren.org.uk](http://www.medicinesforchildren.org.uk)

We take great care to make sure that the information in this leaflet is correct and up-to-date. However, medicines can be used in different ways for different patients. It is important that you ask the advice of your doctor or pharmacist if you are not sure about something. This leaflet is about the use of these medicines in the UK, and may not apply to other countries. The Royal College of Paediatrics and Child Health (RCPCH), the Neonatal and Paediatric Pharmacists Group (NPPG), WellChild and the contributors and editors cannot be held responsible for the accuracy of information, omissions of information, or any actions that may be taken as a consequence of reading this leaflet.