PATIENT & CAREGIVER EDUCATION

Bilastine

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: Canada

APO-Bilastine; AURO-Bilastine; Blexten; GLN-Bilastine; JAMP-Bilastine; M-Bilastine; MAR-Bilastine; NRA-Bilastine; PMS-Bilastine; SANDOZ Bilastine

What is this drug used for?

- It is used to ease allergy signs.
- It is used to treat hives.
- It may be given to your child for other reasons. Talk with the doctor.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.
- If your child has ever had a long QT on ECG or other heartbeat that is not normal.
- If your child is also taking any of these drugs: Cyclosporine, diltiazem, erythromycin, ketoconazole, rifampin, or ritonavir.
- If your child is taking any drugs that can cause a certain type of heartbeat that is not normal (prolonged QT interval). There are many drugs that can do this. Ask the doctor or pharmacist if you are not sure.

- If your child is taking any drugs that can cause electrolyte problems. There are many drugs that can do this. Ask your child's doctor or pharmacist if you are not sure.

This is not a list of all drugs or health problems that interact with this drug.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Have your child avoid tasks or actions that call for alertness until you see how this drug affects your child. These are things like riding a bike, playing sports, or using items such as scissors, lawnmowers, electric scooters, toy cars, or motorized vehicles.
- Do not give your child more of this drug than what the doctor told you to give. Giving more of this drug than you are told may raise the chance of severe side effects.
- Do not have your child use longer than you have been told by your child's doctor.
- Alcohol may interact with this drug. Be sure your child does not drink alcohol.
- Talk with your child's doctor before your child uses marijuana, other forms of cannabis, or prescription or OTC drugs that may slow your child's actions.
- If your child drinks grapefruit juice or eats grapefruit often, talk with your child's doctor.
- Different forms of this drug may be for use in different ages of children. Talk

with the doctor before giving this drug to a child.

If your child is pregnant or breast-feeding a baby:

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.

What are some side effects that I need to call my child's doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Slow heartbeat.
- Seizures.
- Cold sweats.
- Upset stomach.
- Shortness of breath.
- A type of abnormal heartbeat (prolonged QT interval) has happened with this drug. Sometimes, this has led to another type of unsafe abnormal heartbeat (torsades de pointes). Call your child's doctor right away if your child has a fast or abnormal heartbeat, or if your child passes out.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go

away:

All products:

- Headache.
- Feeling dizzy or sleepy.
- Stomach pain.

Dispersible tablets and liquid (solution):

- Eye irritation.
- Nose irritation.
- Diarrhea.
- Feeling tired or weak.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

All products:

- Give on an empty stomach. Give at least 1 hour before or 2 hours after your child eats food or drinks fruit juice.

Tablets:

- Give this drug with a full glass of water.
- If needed, you can break the tablet in half to make it easier for your child to swallow. Be sure to give the whole tablet as a single dose.

Dispersible tablets:

- Give this drug by mouth only.
- Have your child let dissolve in the mouth. Water is not needed.
- If needed, you may mix the tablet in a teaspoon of water. Do not mix in grapefruit juice or other fruit juices. After the dose is taken, make sure none of the tablet is left in the spoon.

Liquid (solution):

- Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.

What do I do if my child misses a dose?

- Give a missed dose as soon as you think about it.
- If it is close to the time for your child's next dose, skip the missed dose and go back to your child's normal time.
- Do not give 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

- Store at room temperature in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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