

Zyrtec®

cetirizine hydrochloride
(Zur'-tek) (se-teer-i-zeen) (hi-dro-klor-id)

This summary contains important information about Zyrtec. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start taking Zyrtec. Each time you fill your prescription, be sure to read the summary that comes with it. It could contain new information. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about Zyrtec.

► **What Is Zyrtec?**

Zyrtec is a prescription medicine for certain types of allergies in adults and children age 2 years and older. It is an antihistamine and is available as a tablet or syrup.

When you have allergies, your body releases a natural chemical called histamine that causes the sneezing, runny nose, hives, and other symptoms of allergies. Zyrtec helps block histamine from causing these symptoms. Zyrtec treats:

Seasonal allergies ("outdoor allergies")

During certain times of the year, there may be high levels of pollens in the air from ragweed, grass and trees. A person allergic to any of these may develop sneezing, itchy, runny nose; and red, itchy watery eyes.

Perennial allergies ("indoor allergies")

All year long, things such as dust mites, animal dander, and molds are in the air. A person allergic to any of these may have symptoms every day such as sneezing, itchy, runny nose; postnasal drip (dripping from the nose down the back of the throat); and red, itchy eyes and tearing.

Continuing (chronic) hives

Some people may get red, itchy bumps on their skin called hives. The bumps can be small or large. The cause of this type of hives is not always known. Zyrtec helps relieve the itching of these hives and shortens the length of time they last.

► **What Should I Tell My Doctor Before Taking Zyrtec?**

Only your doctor can decide if Zyrtec is right for you. Before you start Zyrtec, be sure to tell your doctor if you:

- are taking any prescription medicines
- are taking any over-the-counter medicines you can buy without a prescription, including natural/herbal remedies
- have ever had any kidney problems or are on dialysis
- have ever had any liver problems
- are pregnant, think you might be pregnant, plan to become pregnant, or are breast-feeding
- have ever had an allergic reaction to any medicine

► **Who Should Not Take Zyrtec?**

People who have ever had an allergic reaction to cetirizine or any of the ingredients in Zyrtec, or to the medicine hydroxyzine (also called Atarax®) should not take Zyrtec. Your doctor or pharmacist can give you a list of these ingredients.

► **Zyrtec And Other Medicines**

Some medicines can affect how well Zyrtec works. While on Zyrtec, check with your doctor or pharmacist before starting any new prescription or any medicines you can buy without a prescription, including natural/herbal remedies.

► **How Do I Take Zyrtec?**

Zyrtec comes as tablets (5 mg or 10 mg) as well as a syrup (5 mg/teaspoon). Zyrtec can be taken with or without food at any time of the day. Your doctor will prescribe the dose that is right for you.

Zyrtec Tablets

Adults and Children 12 Years and Older: Take Zyrtec once a day.

Zyrtec Syrup

Use a medicine spoon to measure the exact dose of Zyrtec syrup prescribed by your doctor.

Children 6 to 11 Years: Give Zyrtec syrup once a day.

Children 2 to 5 Years: Depending on your child's condition, the doctor may want you to give the child the full dose once a day or half the dose twice a day. Follow your doctor's instructions.

► **What Are The Possible Side Effects?**

Like all medicines, Zyrtec may cause some side effects. These effects are usually mild to moderate. The most common side effects in adults and children 12 years and older are:

- feeling tired or sleepy
- dizziness
- dry mouth
- sore throat

Children under the age of 12 years may have side effects such as headache, sleepiness, sore throat or stomachache.

Zyrtec may cause other less common side effects besides those listed here. If you want more information or develop any side effects or symptoms you are concerned about, call your doctor.

CAUTION: Some people may feel sleepy when taking Zyrtec. Be careful doing things where you need to be alert (such as driving a car or using dangerous machinery). Do not drink alcohol or use other medicines that make you sleepy while taking Zyrtec.

► **What To Do For An Overdose?**

In case of accidental overdose, call your doctor or poison control center right away or go to the nearest emergency room.

► **How Should I Store Zyrtec?**

Store Zyrtec tablets in a dry place and in the original container. Store at room temperature (59°-86°F or 15°-30°C). Zyrtec syrup can be kept in the refrigerator or at room temperature (41°-86°F or 5°-30°C). Keep Zyrtec and all medicines out of the reach of children.

► **For More Information About Zyrtec**

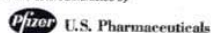
This sheet is only a summary. If you have any questions or want more information about Zyrtec, talk with your doctor, healthcare provider or pharmacist. You can also visit the Zyrtec Internet site at www.zyrtec.com or call 1-888-244-7354.

► **General Advice About Prescription Medicines**

Do not use Zyrtec for a condition for which it was not prescribed. Only a doctor can prescribe Zyrtec. Do not share your Zyrtec with other people.

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I CAN HEAR YOU

CONTINUED

on Krystle, then 11 and living with Lara's father 2,000 miles away in Riverside, California. So Lara tossed out the question: "Anyone from California?" Mike answered that he was and the exchanges began. Every day they talked online, sometimes for hours, sharing their lives and pasts.

She'd grown up in Longview, Washington, just an hour from Mike's hometown of Portland, Oregon. And they had another connection: At one point, Mike's great-grandmother had tried unsuccessfully to fix them up.

Who Benefits From Implants?

To date more than 35,000 people worldwide have received cochlear implants to restore hearing. "The best candidates are those who have severe or profound bilateral hearing loss, who can't get any function or benefit from hearing aids," said Akira Ishiyama, M.D., a neurotologic surgeon at UCLA Medical Center.

The implant, placed surgically, is the size of a slim caterpillar and unfurls like a fern frond inside the inner ear, or cochlea. The device also requires an external and removable hearing aid-like appliance and a computerized speech processor, worn on the belt like a pager or behind the ear. The speech processor sends digital sound via a magnet device to the implant inside the ear.

Scientists are now at work designing an implant that will be entirely implanted with no external parts, which doctors expect will be available in the next few years.

Finding each other had become a catalyst for change. Four months after their wedding, they were about to embark on yet another leap of faith—this one potentially more profound and fraught with greater uncertainty. If their life was this good now, maybe, just maybe, hearing could make it even better.

They knew of a surgery that could help. They also knew it could change everything.

So Many Voices to Hear

Her husband's voice, her daughter's laugh, ocean waves, the trill of birds, her dog's bark. These are all on Lara Wall's list. "I start imagining what everything is going to sound like. My list gets longer each day."

Mike wants to hear Lara's voice, too. And those of his daughters, Jessica, 14, and Melissa, 11, whose custody he shares with his first wife. "I've missed hearing our children's voices and the sounds of nature," he says.

Getting cochlear implants was his idea. Though Mike had long known about implants, he'd recently