

# Desotyle M Tablet

## Desloratadine (5mg) + Montelukast (10mg) Tablet

This combination medication is commonly used to treat allergic rhinitis and asthma. It provides dual benefits by managing allergies and preventing symptoms related to asthma or other respiratory conditions.

- **Adults and Children (Above 12 years):** 1 tablet daily.
- **Children (6–12 years):** Dose to be determined by a doctor, typically lower.
- **Take orally, once a day, preferably in the evening for better asthma control.**

**Note: Follow the doctor's prescription and avoid self-medication.**

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## Composition

- **Desloratadine: 5 mg**
  - A non-sedating antihistamine (H1 receptor blocker).
- **Montelukast: 10 mg**
  - A leukotriene receptor antagonist (LTRA).

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## How It Works

- Desloratadine:**
  - Blocks histamine receptors to relieve allergy symptoms like sneezing, runny nose, and itching.
  - Non-drowsy formula allows daytime use.
- Montelukast:**
  - Inhibits leukotrienes, which are inflammatory chemicals responsible for airway constriction and mucus production.
  - Helps in asthma management and reduces allergic inflammation.

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## Indications

- Allergic Rhinitis:**
  - Seasonal allergies (hay fever).
  - Perennial allergies (dust, pet dander, etc.).
- Asthma (Mild to Moderate):**
  - Prevents and reduces asthma symptoms like wheezing, chest tightness, and shortness of breath.
- Chronic Allergic Conditions:**
  - Urticaria (chronic hives).
  - Allergic conjunctivitis.
- Exercise-Induced Bronchospasm:**
  - Helps in managing symptoms triggered by physical activity.

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## Precautions

- **Use with caution in:**
  - Severe liver impairment.
  - Pregnancy and breastfeeding (consult a doctor).
- **Avoid activities requiring alertness if mild drowsiness occurs.**
- **Not recommended for acute asthma attacks.**

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## Dosage and Administration

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## Possible Side Effects

## **Common Side Effects:**

- **Headache**
- **Drowsiness or fatigue**
- **Nausea or stomach upset**
- **Dry mouth**

## **Rare but Serious Side Effects:**

- **Mood changes (anxiety, depression, or agitation).**
  - **Allergic reactions like rash or swelling.**
  - **Upper respiratory tract infections.**
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## **Storage**

- **Store at room temperature, away from moisture and heat.**
  - **Keep out of reach of children.**
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**Important Note: This medication is most effective when taken regularly as prescribed. For asthma patients, it is not a substitute for rescue inhalers in acute attacks. Always consult your healthcare provider for proper guidance.**

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