Zaditen® Ophtha eye drops
Zaditen® Ophtha SDU eye drops (eye drops in single dose units)

Composition
Active substance
Ketotifen (as the hydrogen fumarate)

Excipients
5 ml bottles: Benzalkonium chloride (preservative); excipients for the ophthalmic solution
Single dose units of 0.4 ml: Excipients for the ophthalmic solution

Pharmaceutical form and quantity of active substance per unit
Eye drops in 5 ml bottles or in single dose units of 0.4 ml: 1 ml contains 0.25 mg ketotifen (as the hydrogen fumarate)

Indications / Potential uses
Treatment of seasonal allergic conjunctivitis

Dosage and Administration
Adults and patients over 3 years of age: 1 drop twice daily in the conjunctival sac of each eye. The period of treatment should not exceed 6 weeks.

Contraindications
Hypersensitivity to ketotifen or to any of the excipients

Warnings and Precautions
As a matter of principle, contact lenses should not be worn if the eyes are red and/or inflamed. Zaditen Ophtha eye drops in bottles contain the preservative benzalkonium chloride, which can permeate into soft hydrophilic contact lenses. For this reason, soft hydrophilic contact lenses must be removed before applying Zaditen Ophtha eye drops and not reinserted for at least 15 minutes. This does not apply to single dose units, which contain no preservatives.
Zaditen should not be used for irritation caused by contact lenses.

Interactions
When administering more than one medicinal product to the eye, there should be an interval of at least 5 minutes between each application. Oral ketotifen may potentiate the effects of CNS depressants (sedatives, antihistamines and alcohol). Although this has not yet been reported for Zaditen Ophtha eye drops, the possibility of such effects occurring on use of Zaditen Ophtha cannot be excluded.

Pregnancy and Lactation
Reproduction studies in animals have not revealed any risks to the fetus, but there have been no controlled trials in pregnant women. For these reasons, caution is required when using the product during pregnancy.
It is not yet clear whether ketotifen passes into breast milk. Zaditen Ophtha eye drops should be used with caution by women who are breastfeeding.

Effects on ability to drive and use machines
Zaditen Ophtha / Zaditen Ophtha SDU may impair the patient's reactions. Vision may be temporarily blurred right after instillation of the eye drops. Patients should not drive or use machines until this disturbance has subsided.

Adverse effects
The following adverse effects have been reported in connection with use of the recommended dosage:

Ocular side effects
Between 1 and 2%: Burning/stinging in the eyes, punctate corneal epithelial erosion.
< 1%: Blurred vision following administration of the eye drops, dry eyes, problems with the eyelids, conjunctivitis, eye pain, photosensitivity, subconjunctival haemorrhage.
Systemic adverse effects
< 1%: Headache, drowsiness, skin rash, eczema, urticaria, dry mouth and allergic reactions.

Overdose
To date there have been no reports of overdosage with Zaditen Ophtha eye drops.
A 5 ml bottle contains 1.25 mg ketotifen (≙ 1.725 mg ketotifen fumarate). If a whole bottle is drunk, the amount ingested is 60% of the recommended daily dose for a 3-year-old child. No serious signs of intoxication have been reported for oral ingestion of up to 20 mg ketotifen.

Properties and Actions
ATC code: S01GX08

Mechanism of action / Pharmacodynamics
Ketotifen is a histamine-H1-receptor antagonist. It also inhibits the release of mediators (e.g. histamine, leukotrienes, prostaglandins, PAF) from cells involved in type I, or immediate, allergic reactions (mast cells, eosinophils, basophils and neutrophils). Ketotifen also reduces chemotaxis, activation and degranulation of eosinophils. The increase in levels of cAMP brought about by phosphodiesterase inhibition may contribute to the cell-stabilizing effect of ketotifen.

Clinical efficacy
The antihistamine effect of Zaditen Ophtha eye drops has a rapid onset following instillation into the eye and persists for 8–12 hours. Zaditen Ophtha eye drops alleviate the symptoms of allergic conjunctivitis, such as pruritus and hyperaemia.

Pharmacokinetics
In a pharmacokinetic study of Zaditen Ophtha eye drops conducted in 18 healthy volunteers, plasma levels of ketotifen after repeated ocular administration for 14 days were in most cases below the limit of quantitation (20 pg/ml).

Preclinical data
Genotoxicity and carcinogenicity
Ketotifen did not show any genotoxicity either in vitro or in vivo. Carcinogenicity studies in rats and mice did not yield any evidence of carcinogenicity.

Reproductive toxicity
In studies in rats, a no-effect level of 2 mg/kg/day was established following repeated oral administration. This also holds true with regard to animal reproduction studies.
Acute and multiple administration (4–13 weeks) to rabbit eyes yielded no evidence of local intolerance.

Other information
Special precautions for storage; instructions for use and handling
Bottles: Store at room temperature (15–25°C). Once a bottle has been opened, its contents remain stable for 1 month (the expiry date must also be observed).
Single dose units (SDUs) do not contain preservatives. Immediately after an SDU has been used, any product remaining in it should be discarded. Store at room temperature (15–25°C).
In opened pouches, SDU strips remain stable for 3 months (when they are protected from light in the carton; the expiry date must also be observed).

Pack sizes
Country specific pack sizes.

Manufacturer
See folding box.

Information last revised
April 2006

Approval date (text)
12 April 2006

® = registered trademark
Novartis Pharma AG, Basle, Switzerland

This is a medicament
– A medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
– Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
– The doctor and the pharmacist are experts in medicine, its benefits and risks.
– Do not by yourself interrupt the period of treatment prescribed for you.
– Do not repeat the same prescription without consulting your doctor.

Keep medicaments out of reach of children

Council of Arab Health Ministers
Union of Arab Pharmacists

R02 23137602 NOVARTIS