

Allergy Expert
Dr. Michael Blaiss

Hi, I'm doctor Michael Blaiss and I'm a pediatric and adult allergist. I've been recognized as an international thought leader in the field of allergy treatment, so treating allergies is my specialty.

If you're still suffering from allergy symptoms, you should take a look at your current allergy management routine with your doctor to determine whether you are effectively treating your allergy symptoms.

Here's a tip to help you identify whether it's a cold or your nasal allergy symptoms. If that sneezing and stuffy or runny nose also comes with a fever, sore throat, colored nasal discharge, and/or aches and pains, see your doctor—you may have a cold. Of course, the best tip is to talk with your doctor about your nasal allergy symptoms and appropriate treatment.

The My Xperts team are paid consultants for sanofi-aventis US, LLC. This video was recorded in 2009.

Important Safety Information

Do not take XYZAL if you are allergic to XYZAL, cetirizine or ZYRTEC®. Be sure to tell your doctor if you have kidney disease. Children 6 months to 11 years of age with impaired kidney function should not take XYZAL. Patients taking XYZAL should avoid operating machinery or driving a motor vehicle. Taking XYZAL with alcohol or sedatives should be avoided. Take XYZAL at bedtime. Do not increase the dose due to increased risk of sleepiness.

In patients 12 years of age and older, side effects may include sleepiness, tiredness, sore throat and dry mouth. In children 6-12 years of age, side effects may include fever, cough, sleepiness and nose bleeds. In children 1-5 years of age, side effects may include fever, diarrhea, vomiting, and ear infections. In children 6 months to 11 months of age, side effects may include diarrhea and constipation.

Indications

XYZAL is a prescription medication used to treat the symptoms of year round allergies, as well as a treatment for chronic hives and rashes of unknown cause (also known as chronic idiopathic urticaria) in patients 6 months of age and older, and symptoms of seasonal allergies in patients 2 years of age and older.

Please see full [Prescribing Information](#).