

# FLIXONASE ALLERGY™

## Nasal Spray

Fluticasone propionate 0.05%

**Read this whole leaflet carefully. It tells you how to use the spray.**

- Keep the leaflet. You may want to read it again.
- If you need more information or advice, ask your pharmacist.

In this leaflet:

- 1 **What Flixonase Allergy Nasal Spray does**
- 2 **Before you use it**
- 3 **How to use Flixonase Allergy Nasal Spray**
- 4 **How to clean your nasal spray**
- 5 **Possible side effects**
- 6 **Storing your nasal spray**

### What is Flixonase Allergy Nasal Spray?

It is an aqueous spray which contains 50 micrograms fluticasone propionate as the active ingredient in each spray. It also contains microcrystalline cellulose, sodium carboxymethylcellulose, dextrose, poly sorbate 80, purified water, dilute hydrochloric acid and preservatives: benzalkonium chloride and phenylethylalcohol. Each bottle contains 60 sprays.

### How does this nasal spray work?

It contains a corticosteroid called fluticasone propionate. This has an anti-inflammatory action and works in a similar way to natural body chemicals to control inflammation. This spray helps to control your body's reactions to allergens in the environment.

### The licence holder is:

Allen & Hanburys, Stockley Park, Uxbridge, Middlesex UB11 1BT.

## 1 | What Flixonase Allergy Nasal Spray does

When used regularly it treats and prevents allergic rhinitis caused by airborne allergens including hayfever. It helps to relieve the symptoms of allergic rhinitis for up to 24 hours.

### Airborne allergy symptoms include:

- Sneezing
- Itchy and runny nose
- Itchy and watery eyes
- Nasal congestion and associated sinus discomfort

What triggers airborne allergy symptoms? Many things in today's environment can trigger allergies in certain people. These include:

- Pollen
- Animals
- House dust mites
- Mould spores

### What can make airborne allergy symptoms worse?

Some things are not triggers themselves but can make the effect of allergies worse. These include:

- Pollution
- Poor air conditioning
- Central heating

### The manufacturer is:

Glaxo Operations UK Limited, Harmire Road, Barnard Castle, Durham, DL12 8DT, U.K.

## 2 | Before you use it, check these points

Do not use...

- **If you have ever had a bad reaction** to this spray or to any of its ingredients

- **For children and adolescents under 18 years**

Check before you use...

- **If you are pregnant**, or breast feeding
- **If you've just had surgery** or an **injury** to the nose, or **ulcers** in the nose
- **If you have a cold or sinus infection** or another infection around the nose
- ➔ **Get a doctor's advice before you use the spray.**

Check before you use with other medicines...

- **Most other medicines are not a problem**, but tell a pharmacist or doctor if you are taking:
- **Other corticosteroid medicines** – these may include some eczema creams, asthma inhalers, tablets, injections, nasal sprays, and eye or nose drops
- **Ritonavir** – an anti-HIV medicine
- **Ketoconazole** – used to treat fungal infections

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**Now turn over** ▶

# 3 | How to use Flixonase Allergy Nasal Spray

## How much to use

**Use as little as you need to keep allergy symptoms under control.** Using the spray in the morning works best for most people.

- **The usual dose for adults aged 18 years and over**  
2 sprays into each nostril, once a day.
- **If your symptoms get better**  
Try 1 spray into each nostril, once a day.
- **If your symptoms are especially bad**  
You may need 2 sprays into each nostril twice a day (morning and evening) until your symptoms improve. Then go back to the usual dose.  
**Don't use more than 4 sprays into each nostril in a day.**

You may not get benefit straight away, it can take 3 or 4 days for the spray to have its full effect.

**If you use too much:** Don't worry.

Tell a pharmacist or doctor if you accidentally use too much.

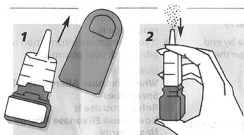
**If you miss a dose:** Don't worry. Wait, and use the spray again at the usual time. Don't take a double dose to make up.

**If your allergy symptoms don't get any better in 7 days,** stop using the spray and talk to a doctor.

If you know you are going to come into contact with anything that may trigger your allergy (see section 1) you can use this nasal spray in advance to prevent symptoms.

**Don't use this nasal spray for more than 3 months continuously, except on the advice of a doctor.**

## To prepare the spray



If it's a new bottle, or hasn't been used for a few days, you will need to 'prime' the spray so that it works properly.

- **Wash your hands**
- **Take the orange dust cap off the bottle** (see picture 1) by squeezing the ribs on the side of the cap and pulling it off. (Don't twist it off.)
- **Put your thumb on the base of the bottle, and a finger on each side of the white plastic nozzle** (see picture 2)
- **Hold the bottle upright, without pointing it towards you**
- **Press down with both your fingers**  
Keep your thumb steady. The spray should come out of the bottle in a fine mist.

If it works, carry on and use the spray.

If it doesn't work, or if you think it may be blocked, go to the section called *To clean the spray*.

**Don't use a pin** or anything else sharp to try to unblock it or make the tiny spray hole bigger. It will break the spray mechanism.

## To use the spray



Use this spray only in your nose.

- **Wash your hands**
- **Blow your nose gently**
- **Take off the dust cap, shake the bottle and hold it between thumb and two fingers** (see picture 3)

For the first nostril (see pictures 4&5):

- **Close off one nostril with a finger** (see picture 4) and **put the nozzle in the open nostril**  
Tilt your head forward a bit, to keep the bottle upright.
- **Start to breathe in through the nose; press down with your fingers and keep breathing in the fine mist of spray**  
Keep your thumb steady. Just take a normal breath in. Leave the nozzle in your nostril for a few moments.

- **Breathe out through your mouth** (see picture 5)

Use a second spray in the same nostril if you need it. Repeat the steps in pictures 4&5.

For the second nostril:

- **Take the nozzle out, and use the spray in the other nostril**  
Repeat the steps in pictures 4&5.

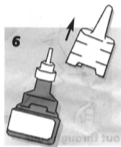
After using the spray:

- **Wipe the nozzle with a clean tissue or hankie and replace the dust cap.**



## 4 | How to clean your nasal spray

Clean the spray at least once a week. Clean it more often if it gets blocked. **Don't use a pin** or anything else sharp to try to unblock it.



- **Take off the dust cap and the nozzle** (see picture 6)  
Pull upwards on the white collar.
- **Soak the nozzle and the dust cap in warm water for 5 minutes**
- **Rinse them under a running cold tap. Shake off the water and leave to dry in a warm place**  
Make sure they don't get hot – just warm.
- **Fit the nozzle back on and prime the spray if you need to, by pumping it a few times**  
Do this until the spray comes out as a fine mist.

## 5 | Possible side effects

It won't cause drowsiness, so you can still drive or use machines.

**Allergic reactions:** A few people have allergies to medicines. These are rare, but can be serious.

- **If you get sudden swelling of the face or tongue, a rash, start wheezing or feeling faint after using the spray**  
➔ **Stop using it and see a doctor straight away.**

**Possible nose injuries:** Following the instructions will help you to avoid injuring your nose.

- **If you get a bad nose bleed which won't stop, and/or a painful nose after using the spray**  
➔ **Stop using it and see a doctor straight away.**

**Less serious reactions:** After using the spray, some people get:

- **Headaches**
- **Sneezing**
- **An unpleasant taste or smell**
- **Minor nose bleeds**
- **Dryness and irritation of the nose and throat**

Don't worry. These are not usually serious but if you are worried talk to a doctor or pharmacist.

If you get any other unwanted effects tell your doctor or pharmacist.

## 6 | Storing your nasal spray

Keep this nasal spray safely where children can't see it or reach it.

Do not store above 30°C (86°F).

Do not use it after the "Use by end of:" date on the bottle or on the box.

Leaflet date of revision September 2003



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