

## PATIENT INFORMATION LEAFLET

### CORTICOSTEROID NASAL SPRAYS

#### **ABOUT** your medicine

Corticosteroid nasal sprays reduce the symptoms caused by allergens. Such a nasal spray can clear your blocked nose as well as other allergic rhinitis symptoms.

#### **HOW** to use the nasal spray?

Before using:

- Shake the bottle gently, then remove the cover.
- Hold the spray with your index and middle finger on either side of the nozzle and your thumb underneath the bottle.
- Test the spray if you are using it for the first time or if you have not used it for a week or more. With the nozzle pointing away from you, press down several times until a fine mist comes out of the nozzle.

Using the spray:

1. Blow your nose gently to clear it.
2. Close one nostril with your thumb and put the nozzle in your other nostril. Tilt your head forward slightly, keeping the spray upright.
3. While breathing in through your nose, press down with your fingers once to release spray.
4. Hold your breath for 5 seconds and breathe out through your mouth. Repeat steps 3 and 4 to inhale a second spray.
5. Repeat steps 2 to 4 for the other nostril.

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Keep all medication out of reach of children

Discard all medication that has expired or is no longer required

After using:

- Wipe the nozzle with a clean tissue or handkerchief and replace the cover.

Please do not tamper with the hole in the nozzle as this will damage the mechanism.

What should I do if **I FORGET** a dose?

Administer the spray as soon as you remember. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or administer extra medicine to make up for a missed dose.

What are the possible **SIDE-EFFECTS** of the medicine?

The possible side-effects include:

- dryness and irritation of the nose and throat
- unpleasant taste and smell
- bleeding in the nose

Spitting out any medicine that has gone down the throat and gargling with water can prevent side-effects such as dryness of throat and unpleasant taste.

How do **I STORE** the medicine?

Store your nasal spray in a dry place at room temperature, away from heat and direct light.

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