

ALANASE

50 microgram (μg) per spray

Beclometasone dipropionate Nasal Spray



What is in this leaflet

This leaflet answers some common questions about Alanase.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you using Alanase against the benefits they expect it will have for you.

If you have any concerns about using this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine. You may need to read it again.

What Alanase is used for

Alanase contains 50 micrograms (μg) of beclometasone dipropionate per spray.

It belongs to a group of medicines known as corticosteroids, frequently referred to as 'steroids'. They are not 'anabolic steroids' that are sometimes misused by athletes.

Alanase is normally used to prevent and treat seasonal allergic rhinitis (hayfever). It works by reducing the swelling and irritation in the lining of the nose. It relieves the symptoms of blocked nose, runny nose, itchy nose and sneezing.

Alanase may also be used to delay the recurrence of nasal polyps in patients who have undergone nasal polypectomy. It can suppress the

increase in size of the polyps that do recur.

Your doctor or pharmacist, however, may recommend Alanase for another purpose.

Alanase is available at a pharmacy.

There is no evidence that Alanase is addictive.

Before you use Alanase

When you must not use it

Do not use Alanase if you have an allergy to:

- any medicine containing beclometasone
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include: shortness of breath; wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Do not use this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start using this medicine, talk to your doctor or pharmacist.

Before you start to use it

Tell your doctor or pharmacist if you:

- have allergies to any other medicines, foods, preservatives or dyes
- are already taking another steroid product e.g. tablets, asthma or nasal inhaler or eye/nose drops
- have had to stop taking another medicine for your hayfever
- have recently had an injury or surgery to your nose
- have a nasal or sinus infection
- have ulceration in your nose
- bleed easily or get frequent nose bleeds.

Tell your doctor if you are pregnant or plan to become pregnant or are breast-feeding.

Your doctor can discuss with you the risks and benefits involved.

If you have not told your doctor about any of the above, tell him/her before you start using Alanase.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may affect the way other medicines work. Your doctor or pharmacist will be able to tell you what to do when using Alanase with other medicines.

How to use Alanase

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, ask your doctor or pharmacist for help.

Instructions for use

1. Shake the bottle well before use. Remove the dust cap from the nasal applicator.



2. Hold the nasal spray as shown. Prime the pump by firmly pressing downwards on the white collar. Repeat until a fine spray is produced. The nasal spray is now ready for use. It will not require repriming unless infrequently used or disassembled.



3. Gently blow your nose to clear the nostrils. Tilt your head forward slightly, close one nostril and carefully insert the nasal applicator into the other nostril.



4. Holding the bottle upright, press firmly downwards once or twice on the white collar to deliver the number of sprays required. Breathe gently inwards through the nostril.



5. Then breathe out through your mouth.
6. Repeat the procedure in the other nostril.
7. Replace the dust cap.

Cleaning your applicator

Your nasal applicator should be cleaned at least once a week, or more often if it gets blocked. To clean, remove the dust cap, press gently upwards on the white collar and the nasal applicator will come free. Wash the applicator and dust cap under lukewarm water. Dry and replace.

If the nasal applicator becomes blocked, remove the dust cap, unscrew the pump mechanism from the bottle and soak it in warm water for a few minutes. Rinse under lukewarm water, dry and reassemble on the bottle. Do not attempt to unblock the applicator with a pin or other sharp object.

How much to use

It is important that you use Alanase exactly as advised by your doctor or pharmacist. Do not use more than recommended; using more or less may make your symptoms worse.

The usual dosage for adults and children over 12 years of age is initially one or two sprays into each nostril twice daily (morning and night), then after 2 to 3 days, one spray into each nostril twice daily.

Do not use Alanase for children under 12 years of age without first consulting with a doctor.

Your doctor may tell you to use a different dosage to this. If so, follow their instructions.

You should not use more than 400 micrograms (μg) in a day.

You must use your spray for your nose only. If you find it difficult to use your spray, tell your doctor or pharmacist.

Alanase should be shaken before use.

Do not give this medicine to anyone else, even if their symptoms seem similar to yours.

How long to use it

It usually takes a few days for this medicine to help your nasal symptoms.

If you know you are going to be allergic to, for example, pollen at a particular time of the year, it is helpful to start using your spray just before your symptoms appear to prevent them from starting.

If hayfever symptoms do not improve within 7 days of treatment, see your doctor.

Do not use Alanase for more than 6 months unless instructed by your doctor or pharmacist.

If you forget a dose

If you forget a dose, just take the next dose at the normal time. Do not take a double dose. This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to use your medicine, ask your pharmacist for some hints.

If you use too much (overdose)

Immediately telephone your doctor, pharmacist or the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, if you think that you or anyone else may have used too much Alanase. Do this even if there are no signs of discomfort or poisoning. You may need medical attention.

While you are using Alanase

Things you must do

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are using Alanase.

Tell any other doctors, dentists, and pharmacists who treat you that you are using this medicine.

If you become pregnant while using Alanase, tell your doctor immediately.

Things you must not do

Do not use Alanase to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Alanase.

Alanase helps most people with seasonal allergic rhinitis (hayfever), but it may have unwanted side effects in a few people. These effects are usually mild and last only for a short time. However sometimes they are serious and may need medical attention.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

You may sneeze a little immediately after using your spray. You may notice a taste or smell after using your spray.

If your nose or throat becomes dry and irritated or you have a nosebleed after using your spray, tell your doctor as soon as possible.

If you have red eyes or misty vision and headache after using your spray, tell your doctor immediately.

If you think you are having an allergic reaction to Alanase, tell your doctor immediately or go to the Accident and Emergency Department at your nearest hospital. Symptoms usually include some or all of the following:

- shortness of breath
- wheezing or difficulty breathing

- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin.

Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

Other side effects not listed above may also occur in some people.

Studies have shown that active ingredient in Alanase (beclometasone dipropionate) when taken through the nose for long periods may affect how children grow. In rare cases, some children may be sensitive to the growth effects of corticosteroids, so the doctor may monitor a child's height.

Ask your doctor or pharmacist to answer any questions you may have.

After using Alanase

Storage

Keep Alanase in a place where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Keep the bottle in an upright position.

Keep your Alanase away from direct sunlight and heat (store below 25°C). Do not leave it in the car on hot days.

Do not put your Alanase in the refrigerator.

Once you have opened your spray, you should not use this particular bottle for more than three months. Write down the date that you opened the bottle on the label or the box.

Disposal

If your doctor tells you to stop using this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

Alanase comes in an amber glass bottle fitted with a pump, and nasal applicator. Each bottle provides approximately 200 sprays, when used as recommended.

Ingredients

Alanase contains 50 micrograms (µg) of the active ingredient beclometasone dipropionate per spray.

It also contains:

- polysorbate
- dispersible cellulose
- glucose (anhydrous)
- purified water
- benzalkonium chloride (preservative)
- phenethyl alcohol (preservative).

This medicine does not contain lactose, sucrose, gluten, tartrazine or any other azo dyes.

If you want to know more

Should you have any questions regarding this product, please contact your doctor or pharmacist.

Who supplies this medicine

Distributed in New Zealand by:

Mylan New Zealand Ltd,
PO Box 11183,
Ellerslie,
Auckland.

Telephone: 0800 168 169

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13 March 2012
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