

DYMISTA®

Azelastine hydrochloride / fluticasone propionate nasal spray suspension
137 micrograms per spray / 50 micrograms per spray

What is in this leaflet

Please read this leaflet carefully before you start using Dymista.

This leaflet answers some common questions about Dymista.

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.

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 Dymista is used for

Dymista nasal spray relieves the symptoms of allergies, for example: symptoms relating to the nose - runny nose, post-nasal drip, sneezing, itchy or blocked nose and symptoms relating to the eyes - itchy, watery and red eyes.

Due to the fast relief and the anti-inflammatory effect, Dymista nasal spray is more effective on symptoms relating to the nose and eyes than either antihistamine or corticosteroid therapy alone.

Dymista is sprayed into the nose to treat allergic rhinitis (hay fever and other allergies) and rhino conjunctivitis (allergy-induced symptoms in the nose and eyes) in adults and children 12 years and older where use of a combination (intranasal antihistamine and glucocorticoid) is appropriate.

Hay fever is an inflammation or swelling of the nose lining (which may cause blockage, runny nose, itching and/or sneezing).

You may have symptoms only during spring or summer. This type of allergy is generally due to various pollens. Some people may experience symptoms all year round. This is usually caused by house dust mites, pets or moulds.

This medicine contains two active ingredients: azelastine hydrochloride and fluticasone propionate.

Azelastine hydrochloride belongs to a group of medicines called antihistamines. Antihistamines work by preventing the effects of substances such as histamine that the body produces as part of an allergic reaction. This reduces symptoms of allergic rhinitis.

Fluticasone propionate belongs to a group of medicines called corticosteroids which are used to help reduce inflammation.

This medicine is available from pharmacies without a prescription.

Before you use Dymista

When you must not use it

Do not use the medicine if you have an allergy to azelastine hydrochloride or fluticasone propionate or any of the other ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction to a medicine 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 give this medicine to a child under the age of 12 years.

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.

Before you start to use it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Consult a healthcare professional before use if you have or have had any of the following medical conditions:

- recent injury or surgery to your nose or mouth
- infection in your nose or sinus
- ulcer or open sores in your nose
- active or inactive tuberculosis
- severe liver disease
- increased/ high pressure in the eye (glaucoma) and/ or cataracts.

Tell your pharmacist or doctor if you are pregnant or planning to become pregnant.

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

Tell your pharmacist or doctor if you are breastfeeding.

It is not known if Dymista passes into the breast milk and could affect your baby. Your pharmacist or

doctor can discuss with you the benefits and risks involved with using this medicine while you are breastfeeding.

If you have not told your pharmacist or doctor about any of the above, tell them before you start using the medicine.

Taking other medicines

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

In particular, tell your pharmacist or doctor if you are taking:

- a medicine or medicines that depress the central nervous system. Concurrent use with Dymista may cause sleepiness or drowsiness.
- ritonavir, an antiviral medicine
- ketoconazole, an antifungal medicine
- cimetidine, a medicine that inhibits stomach acid production.

These medicines may be affected by Dymista or may affect how well it works. You may need different amounts of your medicine, or you may need to use a different medicine. Your healthcare professional will advise you.

Do not use Dymista with another steroid product, e.g. tablets, asthma or nasal inhaler, except on the advice of your healthcare professional.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while using this medicine.

How to use Dymista

Use only in your nose.

Start using this medicine early to help reduce the severity of your symptoms:

- before the hay fever season, or
- before coming in contact with something you know will cause your hay fever.

If you do not understand the instructions in this leaflet, ask your doctor or pharmacist for help.

5-steps to use

Dymista is for use in your nose only. Do not spray Dymista in your eyes.

Before you use Dymista nasal spray for the first time, you will need to prime the bottle.

1. Shake

Before you prime the bottle, shake it gently.

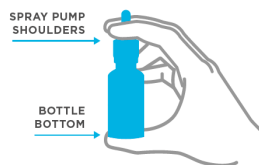


Remove the clear plastic dust cap from the spray pump tip of the bottle.



2. Prime

Hold bottle upright with 2 fingers on the shoulders of the spray pump and your thumb on the bottom of the bottle.



Press upward with your thumb and release. Repeat pumping action. Pump bottle up to 6 times.



Once you see a fine mist, your Dymista nasal spray is ready to use.

3. Clear

Blow your nose to clear nostrils.

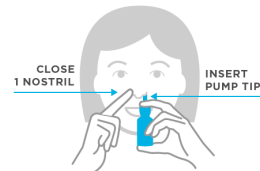


Shake the bottle gently.



4. Insert

Close one nostril with a finger. Place spray pump tip just into your other nostril.



Tilt head forward slightly so chin rests on chest and open mouth. Do not tilt head back.



Do not spray directly onto the nasal septum (the wall between your 2 nostrils).



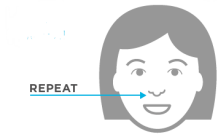
5. Spray and breathe

Keeping bottle upright and mouth open, pump once gently.

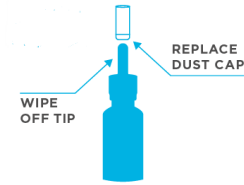


As you spray, breathe in lightly through the treated nostril.

Repeat in other nostril.



Wipe off the tip with clean tissue.
Replace dust cap.



If you do not use your spray for 7 or more days, you'll need to prime the pump with 1 spray, or until you see a fine mist. If you do not see a fine mist, clean the tip of the spray nozzle (see Cleaning instructions).

How much to use

Adults and children 12 years and older

One spray into each nostril in the morning and evening.

Do not use in children under 12 years.

Do not exceed the recommended dose.

How long to use

Do not use Dymista for longer than six months except on the advice of a doctor or pharmacist.

If you forget to use

If you miss a dose, use Dymista when the next dose is due.

Do not use a double dose to make up for the dose that you missed.

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.

While you are using Dymista

Things you must do

Consult your doctor or pharmacist if the symptoms/condition persist(s) for more than 7 days.

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

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

Consult your doctor or pharmacist if you develop signs/symptoms of nasal infection such as fever, facial pain or swelling, or discoloured nasal discharge.

Consult your doctor or pharmacist if your nose bleeds.

If you become pregnant while you are using this medicine, tell your doctor or pharmacist. Your doctor or pharmacist can discuss with you the risks of using it while you are pregnant.

Things you must not do

Do not give this medicine to anyone else, even if their symptoms seem to be the same as yours.

Do not use it to treat any other complaints unless your doctor or pharmacist tells you to.

Things to be careful of

Make sure you know how you react to Dymista before you drive, operate machinery, or do anything else that could be dangerous if you are tired, drowsy, dizzy or light-headed.

Dymista is unlikely to make you feel drowsy. However, if you are drowsy, do not drive a car or operate machinery.

Things that may be helpful

If possible, avoid situations that you know will trigger your symptoms.

To prevent symptoms, start using this medicine

- **before the hay fever season, or**
- **before coming into contact with something you know will cause your hay fever.**

If you start using this medicine early, it will help reduce the severity of your symptoms.

In case of overdose

If you have too much (overdose)

If you or someone else accidentally uses too much Dymista on one occasion, there is nothing to worry about.

However, if you use too much of it over a long time (months or years), you may start to get unwanted side effects inside your nose and body.

Discuss any worries you may have about this with your doctor or pharmacist.

Immediately telephone your doctor or the Poisons Information Centre (telephone 0800 764766) if you or anyone else may have accidentally swallowed Dymista nasal spray. Do this even if there are no signs or symptoms of discomfort or poisoning.

Side effects

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

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may

need medical attention if you get some of the side effects.

Do not be alarmed by this list of possible side effects. You may not experience any of them. Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- irritated nose. This can cause mild stinging, itching or sneezing
- cough, dry throat or throat irritation
- sore throat
- nose bleeds
- nausea
- headache.

If you get a bitter taste in your mouth, it may be the way you are spraying; please check steps 4 & 5 again. If this continues, please tell your pharmacist or doctor.

Consult a healthcare professional if you notice any of the following:

- sleepiness or drowsiness
- feeling weary, exhausted or weak
- damage of the skin and mucous membrane in the nose
- blurred vision, eye pain or increased pressure in your eye.

If any of the following happen, stop using Dymista and tell your doctor immediately, or go to Accident and Emergency at your nearest hospital:

- sudden signs of allergy such as rash, itching or hives on the skin, swelling of the face, lips, tongue or other parts of the body, shortness of breath, wheezing or trouble breathing.

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.

After using Dymista

Storage

Keep Dymista in a cool dry place where the temperature stays at or below 25°C. Do not refrigerate or freeze this medicine.

Discard after 6 months of first opening the bottle.

Do not store this medicine or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.

Keep the medicine where young children cannot reach it.

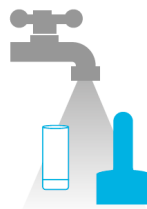
A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Cleaning instructions

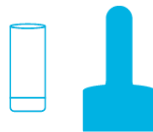
1. **Once a week, remove the dust cap.** Gently pull upward on the spray pump to lift away from the bottle.



2. **Wash** the dust cap and spray pump in warm tap water.



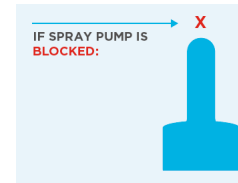
3. Allow to **dry** completely.



When dry, place the spray pump and dust cap back on the bottle.

Re-prime the pump before using Dymista again.

If pump is blocked:



- Soak in warm water.
- After pump is unblocked, rinse with cold water.
- Allow to dry.
- Replace dust cap.
- **Do not try to unblock pump with a sharp object.** This can damage the spray pump and cause you to not get the right dose of medicine.

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

What it looks like

Dymista nasal spray is a white suspension.

This medicine comes in an amber coloured glass bottle fitted with a spray pump, applicator and a protective cap. The 4 ml bottle contains 28 sprays. The 17 ml bottle contains 120 sprays.

All pack sizes may not be marketed.

Ingredients

Active ingredients:

Dymista is a unique formulation containing the following active ingredients: azelastine hydrochloride and fluticasone propionate.

One spray contains 137 micrograms of azelastine hydrochloride and 50 micrograms of fluticasone propionate.

Inactive ingredients:

Dymista also contains:

- glycerol
- microcrystalline cellulose
- carmellose sodium
- phenethyl alcohol
- disodium edetate
- benzalkonium chloride
- polysorbate 80
- purified water.

If you want to know more

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

Who supplies this medicine

Dymista is supplied in New Zealand by:

Viatrix Ltd
PO Box 11-183
Ellerslie
Auckland
www.viatrix.co.nz
Telephone: 0800 168 169

Date of Information

12 June 2024
(based on datasheet dated 26
March 2024)

Dymista® is a Viatrix company trade mark.