

# ALANASE 50

*50 microgram (µg) per actuation*

*Beclomethasone Dipropionate Nasal Spray*

---

## What is in this leaflet

---

Please read this leaflet carefully before using alanase Nasal Spray. It answers some common questions about alanase. It does not contain all the information available on this medicine. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. If you have concerns about using this medicine ask your doctor or pharmacist. Keep this leaflet, you may need to read it again.

---

## What ALANASE is used for and how it works

---

This nasal spray contains 50µg beclomethasone dipropionate per actuation.

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 allergic rhinitis (including hayfever) and related conditions. 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. Your doctor or pharmacist, however, may recommend alanase for another purpose.

Alanase is only 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 are allergic to beclomethasone or any other ingredients listed at the end of this leaflet.

### *Before you start to use it*

Tell your doctor or pharmacist if:

- You are already taking another steroid product e.g. tablets, asthma or nasal inhaler or eye/nose drops.
  - You have had to stop taking another medicine for your hayfever.
  - You have recently had an injury or surgery to your nose.
  - You have a nasal or sinus infection.
  - You have ulceration in your nose.
  - You bleed easily or have frequent nose bleeds.
  - You are pregnant, might become pregnant or are breast feeding.
- 

## How to use ALANASE properly

---

### *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**

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.

Do not use more sprays or spray more often than your doctor or pharmacist tells you to. You should not use more than 400 micrograms ( $\mu\text{g}$ ) 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 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.

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

---

## **Side effects**

---

Alanase will not cause drowsiness.

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 rhinitis, but it may have unwanted side effects in a few people. These effects are usually mild and last only for a short time.

Like other medicines alanase may cause some side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

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:**

- Wheezing.
- Swelling of the lips/mouth.
- Difficulty in breathing.
- Hayfever.
- Lumpy rash (hives).
- Fainting.

- Itchiness.

Tell your doctor immediately if you think you have developed signs and symptoms of infection such as:

- Fever, nasal or facial pain or swelling.
- Purulent (i.e. pus-containing) or discoloured nasal discharge.
- Bleeding from the nose.
- Acute eye pain or visual disturbance.

Studies have shown that beclometasone dipropionate may cause growth retardation in children.

Other rare side effects have been reported, which your doctor can advise you about. If you have symptoms, which you think may be due to your spray, talk to your doctor or pharmacist.

---

## If you use too much (overdose)

---

You should only use the number of sprays that you have been told. If you accidentally use a little more alanasone on one occasion, it is unlikely to cause a problem.

**Immediately contact your doctor, pharmacist or the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to the Emergency department at your nearest hospital, if you think that you or anyone else has used too much alanasone. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.**

Keep telephone numbers for these places handy.

---

## Storage conditions

---

Keep alanasone in a place where children cannot reach it. Keep the bottle in an upright position.

Do not put your alanasone in the refrigerator.

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

Do not use this medicine after the expiry date shown on the label or if the packaging show signs of tampering..

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 you stop using alanasone or it is past the expiry date, ask your pharmacist what to do with any that is left over.

---

## List of ingredients

---

Your medicine is in the form of a liquid nasal spray in a glass bottle, which delivers an accurate measured spray. Each spray contains 50 micrograms (µg) of the active ingredient beclometasone dipropionate.

The liquid also contains polysorbate, dispersible cellulose, glucose (anhydrous), purified water, and the preservatives benzalkonium chloride and phenethyl alcohol.

---

## **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.

Freephone: 0800 168 169

### ***Date of information***

2 February 2009