

Xylometazoline

What is in this leaflet

The medicine you have purchased contains xylometazoline.

This leaflet is intended to provide information on the active ingredient xylometazoline, which is contained in some nasal sprays and nasal drops. The packaging of the medicine you have bought should be read carefully. This leaflet provides additional information on xylometazoline.

Please follow the instructions on the packaging of the medicine you purchased and in this leaflet before you start using xylometazoline.

This leaflet answers some common questions about xylometazoline. 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 xylometazoline is used for

Xylometazoline is a nasal decongestant that clears blocked noses.

It is used for the relief of blocked nose caused by colds, flus, sinusitis, hayfever or other allergic sinusitis.

Before you use xylometazoline

Do not use xylometazoline if you have:

- an allergy (hypersensitivity) to xylometazoline
- undergone recent trans-nasal surgery
- narrow angle glaucoma.

If you are not sure whether you should use xylometazoline, talk to your doctor or pharmacist.

Tell your doctor or pharmacist if you have:

- high blood pressure
- heart disease
- overactive thyroid
- diabetes.

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

Pregnancy and breastfeeding

Tell your doctor if you are pregnant or breast-feeding. You should only use xylometazoline during pregnancy or breast-feeding if recommended by your doctor.

Taking other medicines

You should not use xylometazoline if you are taking certain medicines used for treatment of depression (monoamine oxidase inhibitor (MAOI) or tri-cyclic and tetra-cyclic antidepressants).

Tell your doctor if you are taking any other medicines, including medicines that you buy without a prescription from your pharmacy, supermarket or health food shop. You should also tell any health professional who is prescribing a new medication for you that you are taking xylometazoline.

Your doctor or pharmacist will have more information on medicines to be careful with or avoid while taking xylometazoline.

How to use xylometazoline

Follow the instructions on the packaging of the product you have purchased. If you do not understand the instructions on the packaging, ask your pharmacist for help.

How much to take

Do not use more than the amount recommended on the label of the packaging of the medicine you have purchased.

How long to take it

If congestion persists for more than 3 days, seek medical advice. Prolonged or excessive use of may cause stuffiness in the nose to return or worsen.

If you forget to take it

Do not double the dose of xylometazoline to make up for a forgotten dose.

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

While you are using xylometazoline

Things you must do

If you are about to be started on any new medicine tell your doctor and pharmacist that you are taking xylometazoline.

Things you must not do

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

In case of overdose

If you use too much (overdose)

Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to accident and emergency at your nearest hospital, if you think that you or anyone else may have used too much xylometazoline.

Do this even if there are no signs 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 xylometazoline.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the adverse effects. Ask your doctor or pharmacist to answer any questions you may have.

Stop using xylometazoline and seek medical help immediately if you have any of the following which may be signs of an allergic reaction:

- difficulty breathing or swallowing
- swelling of the face, lips, tongue or throat
- severe itching of the skin, with a red rash or raised bumps

Common side effects (may affect between 1 and 10 in every 100 patients).
Dryness or irritation of the nasal mucosa, nausea, headache, local burning sensation.

Very rare side effects (may affect less than 1 in every 10,000 patients).

Allergic reactions (skin rash, itching), blurred vision, irregular or fast heartbeat.

Other adverse effects not listed above may also occur in some patients. Tell your doctor if you notice any other effects.

Do not be alarmed by this list of possible adverse effects. You may not experience any of them.

After using xylometazoline

Storage

Keep all medicines out of reach and sight of children.

Do not use xylometazoline after the expiry date which is stated on the outer pack and on the immediate container. The expiry date refers to the last day of that month.

Store in the original package.

Product description

Xylometazoline may be contained in nasal sprays or nasal drops.

Date of Preparation

This leaflet was prepared on 22 November 2011.

This leaflet was prepared under the guidance of the New Zealand Self-Medication Industry (NZSMI):

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Should you have any questions regarding the product you have purchased, please contact your doctor, pharmacist or the manufacturer (contact details should be provided on the packaging of the medicine you have purchased).