

## BUTACORT 100

100 micrograms ( $\mu\text{g}$ ) per spray

**Budesonide Nasal Spray**



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### What is in this leaflet

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This leaflet answers some common questions about Butacort 100.

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 Butacort 100 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.

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### What Butacort 100 is used for

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Butacort 100 contains the active ingredient budesonide. 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.

Butacort 100 is normally used to prevent and treat seasonal allergic rhinitis (hayfever), which is an inflammation or swelling of the nose lining. This is often, but not always, due to an allergy to something in the air.

Butacort 100 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.

Butacort 100 may also be used for the relief of symptoms associated with nasal polyps.

Your doctor or pharmacist, however, may recommend Butacort 100 for another purpose.

Butacort 100 is available only on prescription from your doctor.

There is no evidence that Butacort 100 is addictive.

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### Before you use Butacort 100

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#### ***When you must not use it***

**Do not use Butacort 100 if you have an allergy to:**

- any medicine containing budesonide
- 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 if you have a severe infection, especially thrush, in your nose.**

**Do not use this medicine if you bleed easily or have recurring nose bleeds.**

**Do not use Butacort 100 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 are allergic to:**

- any other corticosteroid medicines
- any other medicines, foods, preservatives or dyes

**Tell your doctor if you have or have had any of the following medical conditions:**

- nasal, sinus or chest infection
- have severe nasal congestion or obstruction
- tuberculosis.
- have recently had an injury or surgery to your nose
- have open sores in your nose.

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

Your doctor or pharmacist 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 Butacort 100.**

#### ***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 and Butacort 100 may interfere with each other. These include:

- other corticosteroid medicines, such as tablets, asthma inhalers, nasal sprays, or eye/nose drops.
- some medicines used to treat fungal infections such as ketoconazole, itraconazole, fluconazole
- cimetidine, a medicine used to treat reflux and stomach ulcers

These medicines may be affected by Butacort 100 or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

This list of medicines is not complete. Your doctor and pharmacist have more information on medicines to be careful with while using Butacort 100 with other medicines.

## How to use Butacort 100

**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 carton, 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

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 Butacort 100 exactly as directed by your doctor. Do not use more**

**than recommended; using more or less may make your symptoms worse.**

The usual dosage for adults and children over 6 years is initially one or two sprays into each nostril in the morning, then after 2 to 3 days, one spray into each nostril in the morning.

Your doctor may tell you to use different doses to these. If so, follow their instructions.

Do not use Butacort 100 for children under 6 years of age.

You must use Butacort 100 for your nose only. If you find it difficult to use your spray, talk to your doctor or pharmacist.

Butacort 100 should be shaken before use.

### How long to use it

It usually takes 2 to 3 days before you notice any improvement in your symptoms.

If you suffer from hayfever, you should start your treatment just before the hayfever season to prevent symptoms from starting.

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

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

### When to use it

**Use your medicine at about the same time each day.**

Using it at the same time each day will have the best effect. It will also help you remember when to use it.

It does not matter if you use Butacort 100 before or after food.

### If you forget to use it

**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 Butacort 100. Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

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## **While you are using Butacort 100**

### ***Things you must do***

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are using Butacort 100.

Tell any other doctors, dentists, and pharmacists who treat you that you are using Butacort 100.

If you become pregnant while taking Butacort 100, tell your doctor immediately.

### ***Things you must not do***

Do not use Butacort 100 to treat any other complaints unless your doctor tells you to.

Do not give your Butacort 100 to anyone else, even if their symptoms seem similar to yours.

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## **Side effects**

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Butacort 100.

This medicine helps most people but it may have unwanted side effects in a few people. 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 the following lists of side effects. You may not experience any of them.**

**Ask your doctor to answer any questions you may have.**

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

- nose irritation
- nose bleeds
- increased amount of mucous, nasal crust
- sneezing after spraying
- headache
- itching or sore throat
- dry mouth
- earache
- cough
- nausea, loss of appetite
- itchy skin
- tiredness
- tremor

The above list includes the more common side effects of your medicine. They are usually mild.

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

- 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
- sign or symptoms of a severe nasal infection such as fever, pain or swelling, or discoloured nasal discharges, acute eye pain or visual disturbance

The above list includes serious side effects that may require medical attention. Serious side effects are rare.

**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.

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

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## **After using Butacort 100**

### ***Storage***

Keep Butacort 100 in a cool dry place where the temperature stays below 25°C.

**Do not store Butacort 100 in the refrigerator.**

**Do not store Butacort 100 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 it 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.**

**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 taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.**

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## **Product description**

Butacort 100 comes in an amber glass bottle fitted with a pump, and nasal applicator. Each bottle provides approximately 200 sprays, when used as recommended.

### ***Ingredients***

Butacort 100 contains 100 micrograms (µg) of budesonide as the active ingredient per spray.

It also contains:

- disodium edetate
- dispersible cellulose
- glucose (anhydrous)
- hydrochloric acid
- polysorbate
- purified water
- potassium sorbate (preservative)

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

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## **If you want to know more**

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

### ***Who supplies this medicine***

Distributed in New Zealand by:

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

Telephone: 09 579 2792

### ***Date of Information***

13 March 2012 (Based on datasheet dated 26 August 2011)