

# MINIRIN<sup>®</sup> NASAL SPRAY

DESMOPRESSIN ACETATE

## Consumer Medicine Information

**IMPORTANT:** Please read this leaflet carefully before using MINIRIN<sup>®</sup> Spray. This leaflet is intended to answer questions you may have about MINIRIN<sup>®</sup> Spray. It does not replace the advice from your doctor or pharmacist. If you have any questions before, during or after using this medication be sure to ask your doctor or pharmacist.

## What is Minirin<sup>®</sup> Spray?

Each actuation (press of the nozzle) delivers 10 micrograms of desmopressin acetate (DDAVP). The spray also contains the inactive ingredients benzalkonium chloride as a preservative, sodium chloride, citric acid monohydrate/disodium phosphate dihydrate (to adjust the acid/alkali balance) and purified water.

## What is MINIRIN<sup>®</sup> Spray used for and how does it work?

The active ingredient in MINIRIN<sup>®</sup> Spray (desmopressin acetate) is a synthetic version of a natural hormone in the body, called antidiuretic hormone (ADH). It has a number of different actions on the body including an action on the kidneys to reduce the amount of urine produced. This means that MINIRIN<sup>®</sup> Spray can be used for several different conditions.

MINIRIN<sup>®</sup> Spray is most commonly used to treat nocturnal enuresis (bedwetting) in patients over 5 years who have the normal ability to concentrate urine.

MINIRIN<sup>®</sup> Spray may also be used for treatment of antidiuretic hormone (ADH)-sensitive Central Diabetes Insipidus (CDI) or testing if the kidneys have the ability to concentrate urine.

## Before using Minirin<sup>®</sup> Spray

### ***When should Minirin<sup>®</sup> Spray not be used?***

MINIRIN<sup>®</sup> Spray is not suitable for some patients. You should not use MINIRIN<sup>®</sup> Spray if you

- have a known allergy to any of the ingredients in this medication.
- are in the habit of drinking large amounts of fluid.
- have heart disease or any other disease for which you take diuretics (fluid tablets).
- have a disease (SIADH) which causes excessive release of antidiuretic hormone (ADH).
- have moderate or severe renal insufficiency.
- have low levels of sodium in your bloodstream.

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 take 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 take it***

The presence of other medical problems may affect the use of MINIRIN Spray. Please tell your

doctor before you are started on MINIRIN Spray if you:

- have a known allergy to anti-diuretic hormone (ADH).
- have too little or too much fluid in the body.
- currently have a nasal infection or blocked up or runny nose.
- have heart or blood vessel disease.
- have low blood pressure.
- have cystic fibrosis or any other disease which causes fluid or salt imbalance.
- have any disease of the blood clotting cells (platelets).
- have serious problems with bladder function or with passing urine.

MINIRIN Spray should only be used when MINIRIN Tablets are inappropriate. This is because a side-effect that can change the fluid and salt balance in your body is less common with Tablets. For further information, please discuss this with your doctor.

It is very important when using MINIRIN Spray to keep your body water at a constant level and that you do not let yourself get too thirsty or drink too much fluid. You should only drink a few sips of water or other fluids for one hour before and 8 hours after you take your dose of MINIRIN Spray.

### ***If you are elderly***

You may be more sensitive to the effects and side-effects of this medication. You should be careful how much fluid you drink.

### ***Use in children***

MINIRIN Spray can be used by children from 5 years of age and older. It is important that their fluid intake is checked carefully while they are using MINIRIN Spray.

It is important to ensure adult supervision when a child is administering MINIRIN Spray.

### ***If you are pregnant or breastfeeding***

MINIRIN Spray should only be given to a pregnant woman if it is needed. You should discuss this with your doctor. It is recommended that you **do not** breastfeed whilst using MINIRIN Spray.

### ***If you become ill whilst taking MINIRIN Spray***

Tell your doctor, who may wish to monitor your condition.

### ***Can MINIRIN spray be used with other medications?***

MINIRIN Spray may interact with some other medications. Before you start to take MINIRIN Spray, you must tell your doctor or pharmacist if you are taking any other medications, including any that you have bought at a pharmacy or supermarket. It is especially important if you are taking:

- medications which are known to release antidiuretic hormone e.g. tricyclic antidepressants, SSRIs, chlorpromazine or carbamazepine, as they can increase the risk of fluid build up in the body.
- medications which may induce water retention/hyponatraemia (eg NSAIDs)

This is not a complete list of all medications which may interact with MINIRIN Spray, so you must remember to tell your doctor or pharmacist that you are taking MINIRIN Spray before any new medication is started.

### ***Does MINIRIN Spray interact with alcohol?***

No problems have been reported.

### ***Does MINIRIN Spray affect driving or other activities needing alertness?***

MINIRIN Spray does not cause drowsiness and has no effect on the ability to drive or operate machinery.

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## **How to use MINIRIN<sup>®</sup> Spray**

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The Instructions for Use are included in the pack. It is very important that these instructions are followed closely to make sure that you will always receive the correct dose of your medication. MINIRIN Spray is meant to be sprayed into the nostrils.

Before you use MINIRIN Spray for the **first time**, the pump will need to be primed. This is done by removing the protective cap from the applicator and pressing the white collar of the applicator downwards 4 times, or until an even spray is obtained. Reprime the pump if the bottle is left standing longer than 1 week.

Since the spray cannot deliver doses less than 10 micrograms per actuation, if smaller doses are needed, the MINIRIN Nasal Solution and the rhinyle delivery system will need to be used.

It is very important when using MINIRIN Spray to keep your body water at a constant level and that you do not let yourself get too thirsty or drink too much fluid.

**You should only drink a few sips of water or other fluids for one hour before and 8 hours after you take your dose of MINIRIN Spray.**

Some of the details for MINIRIN Spray will vary depending on the purpose for which it is being used:

### **If you are using MINIRIN Spray for bedwetting**

### ***How much MINIRIN Spray do I need to use?***

The starting dose of MINIRIN Spray for both children and adults is usually one actuation into each nostril at bedtime. The dose will

then be adjusted by your doctor according to your response.

### ***How long do I need to use MINIRIN Spray?***

Most patients will need an initial treatment period of one to three months. The treatment is then stopped for one week to assess the cure rate. If your pre-treatment urination pattern returns then a further one to three month treatment period may be necessary.

### ***What can I expect after using MINIRIN Spray?***

MINIRIN Spray can provide an increase in the number of “dry nights” per week and in some patients is able to completely prevent night-time bedwetting.

### ***What do I do if I miss a dose?***

If you miss your bedtime dose, do not take another dose until the next night. You can then return to your regular bedtime dosing schedule. **Do not take a double dose.**

### ***What happens if I stop using MINIRIN Spray?***

If you suddenly stop using MINIRIN Spray for bedwetting you may find that your night-time bedwetting will return.

### **If you are using MINIRIN Spray for ADH sensitive cranial diabetes insipidus**

### ***How much MINIRIN Spray do I need to use?***

The average daily dose for adults is 10-40 micrograms. The dose for children will vary between 5-20 micrograms. The dose you receive will be adjusted to suit your personal requirement. MINIRIN Spray is usually given in two doses each day. Sometimes a single daily dose is sufficient to control your condition.

### **How long do I need to use MINIRIN Spray?**

It is likely that you will need to use MINIRIN Spray or other forms of MINIRIN for the rest of your life.

### **What can I expect after using MINIRIN Spray?**

MINIRIN Spray can prevent or control the thirst and frequent urination associated with CDI. You will be less thirsty and urinate a smaller volume less often.

### **What do I do if I miss a dose?**

If you miss a dose, take your missed dose as soon as you remember. You will then have to adjust the time of your next dose. When this is done, go back to your regular dosing schedule. You should speak to your doctor about this situation. **Do not take a double dose.**

### **What happens if I stop using MINIRIN Spray?**

If you suddenly stop using MINIRIN Spray you may find that the thirst and frequent urination will return.

### **If you are using MINIRIN Spray to test the ability of the kidneys to concentrate urine**

### **How much MINIRIN Spray do I need to use?**

Adults will receive a single dose of up to 40 micrograms at any one time. Children under 1 year of age will receive a single dose of up to 10 micrograms at any one time and over 1 year of age up to 20 micrograms at any one time.

Children who are less than one year of age and need to be tested for the ability of the kidney to concentrate urine should receive this test under careful supervision in hospital.

### **How long do I need to use MINIRIN Spray?**

Your doctor will explain how the test works.

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## **Side effects**

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All medicines can cause unwanted effects and this may occur with the normal use of MINIRIN Spray. Most people using MINIRIN Spray find it causes few problems. Some patients may experience side effects such as headache, dizziness or nausea, flushing, mild stomach cramps, sore eyes or nose bleeds. Some patients develop 'flu' like symptoms including nasal congestion, runny nose, sore throat or cough, chills and weakness. Your doctor will be monitoring for the more severe side-effect of loss of fluid and salt balance.

**When you are taking MINIRIN you must not drink too much fluid or your body will retain too much water which could cause unwanted side effects including low salt levels, weight gain, lethargy, confusion and, in severe cases, blackouts, convulsions or fitting.**

If you experience these or other side effects you should tell your doctor or pharmacist.

You should remember that all medications carry some risks. It is possible that all risks might not yet have been detected despite many years of experience with the medication.

### **WHAT ABOUT OVERDOSAGE?**

If you accidentally deliver too many actuations of the MINIRIN Spray, immediately telephone your doctor or Poisons Information Centre, telephone 0800 POISON or 0800 764766 for advice, or go to the nearest hospital Accident and Emergency department. Possible signs of overdose may include confusion, drowsiness, continuing headache, fitting,

problems with passing urine and rapid weight gain due to a build-up of water in the body.

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## **How to store MINIRIN<sup>®</sup> Spray**

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Keep MINIRIN spray in a safe place where children cannot reach it.

Store MINIRIN Spray below 25°C. Do not freeze. Keep it in its original packaging and protect it from light.

MINIRIN Spray should not be used after the expiry date (month/year) which is printed on the bottle. Unused or expired medication should be disposed of properly. Ask your pharmacist if you are unsure of how to dispose of your old medication.

Once opened, discard after 2 months use.

### **IS THERE ANY OTHER INFORMATION I SHOULD KNOW?**

MINIRIN Spray is only available with a doctor's prescription.

### **WHERE DO I GO TO FIND MORE INFORMATION ON MINIRIN SPRAY?**

This leaflet does not contain the complete information about MINIRIN Spray. It is only a summary. If you have any questions about the information or about your medication please speak to your doctor or pharmacist who have more detailed information and can advise you.

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## **Distributor**

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MINIRIN Spray is distributed in NZ  
by:

Pharmaco (NZ) Ltd, PO Box 4079,  
Auckland 1140.

MINIRIN<sup>®</sup> is a registered  
trademark of Ferring A/B.

This leaflet was prepared in  
February 2009.

**YOU MAY WISH TO READ THIS  
LEAFLET AGAIN. DO NOT  
THROW IT AWAY UNTIL YOU  
HAVE FINISHED USING THIS  
MEDICATION.**