

TELNASE[®] (tell-naze)

Triamcinolone acetonide (try-am-sin-o-lone ass-sea-toe-nide)

Consumer Medicine Information (CMI)

What is in this leaflet

This leaflet answers some common questions about Telnase.

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 or pharmacist has weighed the risks of you using this medicine 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.

What Telnase is used for

Telnase contains a corticosteroid and is used to treat seasonal allergic rhinitis (hayfever) and perennial allergic rhinitis.

Hayfever produces symptoms such as sneezing, itching and runny nose. Sometimes you can get these symptoms all year long and this is called perennial allergic rhinitis. It is often caused by dust mites or hair from a cat or a dog.

Telnase sprayed into your nose will relieve the sneezing, itchy, runny nose you experience with hayfever or perennial allergic rhinitis.

Ask your doctor or pharmacist if you have any questions about why it has been recommended for you.

There is no evidence that this medicine is addictive.

Before you use it

When you must not use it

Do not use Telnase if you have an infection of the nose.

Do not use Telnase if you have frequent nosebleeds.

Your condition may cause nosebleeds and still require treatment. Discuss with your doctor if you have any concerns.

Do not use Telnase if you are allergic to:

- any medicines containing triamcinolone acetonide
- any of the ingredients listed at the end of this leaflet.
- any other similar medicines.

Some symptoms of an allergic reaction may include:

- skin rash,
- itching,
- shortness of breath or swelling of the face, lips or tongue, which may cause difficulty in swallowing or breathing.

Do not give Telnase to a child under 6 years of age.

Telnase is for use in adults and children 6 years and over.

Do not use it if you are pregnant or intend to become pregnant.

Like most medicines of this kind, Telnase is not recommended to be used during pregnancy. Your doctor or pharmacist will discuss the risks and benefits of using it if you are pregnant.

Do not use it if you are breast-feeding or planning to breast-feed.

It is not known whether Telnase passes into breast milk. Your doctor or pharmacist will discuss the risks and benefits of using it if you are

breast-feeding or planning to breast-feed.

Do not use it after the expiry date (EXP) printed on the pack or if the packaging is torn or shows signs of tampering.

If you use it after the expiry date has passed, it may not work as well. If it has expired or is damaged, return it to your pharmacist for disposal.

Before you start to use it

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

Tell your doctor or pharmacist if you have or have had any medical conditions, especially the following:

- nasal or sinus infection
- nasal ulcers, injury or surgery to your nose
- any untreated infection
- a viral infection of the eye
- asthma.
- history of any eye conditions such as glaucoma, increased pressure in the eye and/ or cataract.

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

Like most medicines of this kind, Telnase is not recommended to be used during pregnancy. Your doctor or pharmacist will discuss the risks and benefits of using it if you are pregnant.

Tell your doctor or pharmacist if you are breast-feeding or planning to breast-feed.

It is not known whether Telnase passes into breast milk. Your doctor or pharmacist will discuss the risks and benefits of using it if you are breast-feeding or planning to breast-feed.

Tell your doctor or pharmacist if you plan to have surgery.

If you have not told your doctor or pharmacist about any of the above, tell them before you use Telnase.

Taking other medicines

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

Some medicines may interfere with the absorption of Telnase, or may affect how well it works. These include:

- any others that contain corticosteroids
- asthma medications.

You may need to use different amounts of your medicine, or take different medicines. Your doctor or pharmacist will advise you.

Your doctor or pharmacist has more information on medicines to be careful with or to avoid while using Telnase.

How to use it

How much to use

Telnase is very simple to use.;

For adults, the usual dose of Telnase is two sprays into each nostril, once a day. Once your symptoms are controlled, your dose may be reduced to one spray in each nostril once a day.

Do not use more than two sprays in each nostril daily.

For children aged 6 – 12 years, the recommended dose is one spray in each nostril once a day.

Ask your doctor or pharmacist if you are unsure of the correct dose for you.

They will tell you exactly how much to use.

Follow the instructions they give you.

If you use the wrong dose, Telnase may not work as well and your symptoms may not improve.

How and when to use it

1. Blow your nose gently to clear your nostrils.
2. Remove the blue cover by pulling upwards and pull off the blue plastic clip.



Shake the bottle gently before use.

3. The first time you use the nasal spray, hold the bottle upright and fill the pump by pressing the nozzle downwards and releasing it five times, until a fine spray is produced. The pack is now ready to use.

Hold the nozzle pointing away from you while you are doing this.



4. Close one nostril by pressing gently with your finger. Hold the bottle upright and insert the nozzle into the other nostril as far as is comfortable. Whilst breathing in gently through your nose with your mouth closed, press the bottle upwards once to deliver one spray. Repeat if more than one spray is required.



5. Breathe out through your mouth.
6. Repeat step 4 for the other nostril.
7. To keep the spray nozzle clean, wipe it with a clean tissue or handkerchief after each use. Press the safety ring back into place to prevent accidental doses and replace the cover over the nozzle.

If your Telnase has not been used for two weeks or more, then spray once into the air before use.

If you are not sure when to use it, ask your doctor or pharmacist.

How long to use it

Do not use Telnase for more than six months without the advice of your doctor or pharmacist.

Telnase will not relieve your symptoms immediately. It may take a few days for Telnase to relieve your symptoms.

See your doctor or pharmacist if your symptoms are not relieved within seven days.

Ask your doctor or pharmacist if you are not sure how long to use the medicine for.

If you forget to use it

If you miss a dose of Telnase use it as soon as you remember.

Do not try to make up for missed doses by taking more than one dose at a time.

This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

Do not take a double dose to make up for the dose you have missed.

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

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

If you use too much (overdose)

Immediately telephone your doctor, or the Poisons Information Centre (telephone Australia 13 11 26 or New Zealand 0800 POISON or 0800 764766), or go to Accident and Emergency at your nearest hospital, if you think you or anyone else may have used too much Telnase.

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

You may need urgent medical attention.

While you are using it

Things you must do

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

Tell all the doctors, dentists and pharmacists who are treating you that you are using Telnase.

If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are using this medicine.

It may affect other medicines used during surgery.

If you become pregnant while you are using this medicine, tell your doctor or pharmacist immediately.

You should use Telnase regularly for best control of your allergic symptoms.

You must obtain a new bottle of Telnase within two months after the bottle was first opened, even if you have not used all the solution.

Things you must not do

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

Do not use more than the recommended dose unless your doctor or pharmacist tells you to.

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

Things to be aware of

Telnase does not cause drowsiness and does not appear to affect your ability to drive or to operate machinery.

However, as with any new medicines you should take care when driving or operating machinery until you know how Telnase affects you.

Side effects

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

It helps most people with hayfever or perennial allergic rhinitis, but it may have unwanted side effects in a few people.

All medicines have some unwanted side effects. Sometimes they are serious, but most of the time they are not. Your doctor or pharmacist has weighed the risks of using this medicine against the benefits they expect it will have for you.

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:

- increased runny nose
- increased sneezing
- irritation inside the nose
- increased blocked nose
- sore throat
- cough

- indigestion
- dental problems

The above list includes the more common side effects of your medicine. They are usually mild side effects of this medicine and usually short-lived.

Tell your doctor or pharmacist immediately if you notice any of the following:

- signs or symptoms of a nasal or sinus infection, such as fever, pain or swelling, or discoloured nasal discharge
- nose pain or bleeds
- headaches

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

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

- swelling of the face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- hives
- fainting
- eye pain or changes in vision

These are very serious side effects. If you have them, you may have had a serious allergic reaction to Telnase. You may need urgent medical attention or hospitalisation.

These side effects are very rare.

In children, slowing of the growth rate has been observed with long-term use. If concerned, please discuss with your doctor.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.

Other side effects not listed above may occur in some consumers.

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

After using it

If you have any queries about any aspect of your medicine, or any

questions regarding the information in this leaflet, discuss them with your doctor or pharmacist.

Cleaning

If the spray does not work and it may be blocked, clean it as follows. NEVER try to unblock it or enlarge the tiny spray hole with a pin or other sharp object because this will destroy the spray mechanism.

The nasal spray should be cleaned at least once a week or more often if it gets blocked.

TO CLEAN THE SPRAY

1. Remove the dust cap and the spray nozzle only (pull off).
2. Soak the dust cap and spray nozzle in warm water for a few minutes and then rinse under cold running tap water.
3. Shake or tap off the excess water and allow to air dry.
4. Refit the spray nozzle.
5. Prime the unit as necessary until a fine mist is produced and use as normal.

Storage

Keep the bottle in a cool, dry place where the temperature stays below 25°C.

Do not store it or any other medicine in the bathroom, near a sink, or on a windowsill.

Do not leave it 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.

Disposal

The bottle should be discarded after 120 actuations or within two months of starting treatment. Any remaining suspension should not be transferred to another bottle.

If your doctor or pharmacist tells you to stop using Telnase, or the medicine has passed its expiry date, ask your pharmacist what to do with anything that is left over.

Return any unused medicine to your pharmacist.

Product description

What it looks like

Telnase is a nasal spray. It comes in a white plastic bottle with a special pump spray that has a nozzle to help you spray Telnase into your nostrils. It also contains a protective cover to help you keep the nozzle clean.

Ingredients

Active Ingredient:

Each spray contains 55mcg of triamcinolone acetonide.

Inactive Ingredients:

- benzalkonium chloride
- disodium edetate
- purified water
- anhydrous glucose
- microcrystalline cellulose
- polysorbate 80
- carmellose sodium
- hydrochloric acid
- sodium hydroxide.

Telnase does not contain gluten, sucrose, lactose, tartrazine or any other azo dyes.

Manufacturer/Sponsor

Telnase is supplied in Australia by:

sanofi-aventis australia pty ltd
12-24 Talavera Road
Macquarie Park NSW 2113

Telnase is supplied in New Zealand by:

sanofi-aventis new zealand limited
Level 8, James and Wells Tower
56 Cawley Street
Ellerslie
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