

# FLIXONASE<sup>®</sup> ALLERGY & HAYFEVER 24 HOUR

Fluticasone propionate, 50 mcg per spray

## Consumer Medicine Information

### What is in this leaflet?

Please read this leaflet carefully before you use FLIXONASE ALLERGY & HAYFEVER 24 HOUR.

This leaflet answers some common questions about FLIXONASE ALLERGY & HAYFEVER 24 HOUR. It does not contain all of 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 taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.** You may need to read it again.

### What FLIXONASE ALLERGY & HAYFEVER 24 HOUR is used for

FLIXONASE ALLERGY & HAYFEVER 24 HOUR contains a corticosteroid called fluticasone propionate, which treats inflamed tissue. The tiny amounts sprayed into your nose help to reduce swelling and irritation.

FLIXONASE ALLERGY & HAYFEVER 24 HOUR is used to prevent and treat seasonal allergic rhinitis (e.g. hayfever) and perennial rhinitis in adults aged 18 years and over.

Use only on medical advice in adolescents aged 12 – 17 years.

Do not use in children under 12 years of age.

When you have rhinitis, the inside of your nose becomes swollen and itchy. This usually occurs during spring and summer when it is caused by breathing pollens from grasses or trees. This condition is called hayfever. Some people get problems all the year round and this is called perennial rhinitis. It is often due to house dust mites or animals such as cats or dogs.

When you spray FLIXONASE ALLERGY 24 HOUR into your nose it helps to relieve the itching, sneezing and blocked or runny nose.

**Ask your pharmacist or doctor if you have any questions or if you aren't sure why FLIXONASE ALLERGY & HAYFEVER 24 HOUR has been recommended for you.**

FLIXONASE ALLERGY & HAYFEVER 24 HOUR is not addictive.

### Before you use FLIXONASE ALLERGY & HAYFEVER 24 HOUR

#### When you must not use it

- Do not use FLIXONASE ALLERGY & HAYFEVER 24 HOUR if you have ever had an allergic reaction to fluticasone propionate, an allergic reaction to any other corticosteroid or any of the

ingredients listed at the end of this leaflet.

Read the side effects section to find out the symptoms of an allergic reaction.

- Do not use FLIXONASE ALLERGY & HAYFEVER 24 HOUR after the expiry date (EXP) printed on the pack.

If you use it after the expiry date has passed, it may not work as well.

- Do not use FLIXONASE ALLERGY & HAYFEVER 24 HOUR if the packaging is torn or shows signs of tampering.

**If you're not sure whether you should be using FLIXONASE ALLERGY & HAYFEVER 24 HOUR, talk to your pharmacist or doctor.**

### Before you start to use it

You must tell your Pharmacist or doctor if You:

- Are pregnant or planning to become pregnant
- Are breastfeeding
- Have recently had nasal ulcers, injury or surgery to your nose
- Have a tendency to nose bleeds
- Have or have recently suffered from a nasal infection in or around the nose

- Have a high temperature, cold or have been diagnosed with a sinus infection.
- Are taking ritinovir (used to treat HIV)
- Are using ketoconazole (used to treat infections)
- Are using other corticosteroids which may include some eczema creams, asthma inhalers, tablets, injections, nasal sprays and eye or nose drops.

### ***Taking other medicines***

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

Some medicines may affect the way other medicines work. Your doctor or pharmacist will be able to tell you what to do when using FLIXONASE ALLERGY & HAYFEVER 24 HOUR with other medicines.

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## **How to use FLIXONASE ALLERGY & HAYFEVER 24 HOUR**

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### ***How much to use***

If your FLIXONASE ALLERGY & HAYFEVER 24 HOUR is new and you have not used it before, or if you have not used it for one week or more, you should activate six sprays into the air before use.

For adults aged 18 and over, the usual dose is two sprays into each nostril once daily, preferably in the morning.

FLIXONASE Allergy & Hayfever 24 Hour quickly starts to reduce inflammation and swelling in your nose, although it may take a few

days to significantly improve symptoms. Therefore to prevent the onset of symptoms, start to use FLIXONASE Allergy & Hayfever 24 Hour a few days before expected exposure to one of your 'usual' triggers.

It may take a few days for this medicine to work and it is **VERY IMPORTANT THAT YOU USE IT REGULARLY**. If you stop the treatment when you feel better your symptoms may return as the medication wears off.

If your symptoms include watery eyes and they trouble you, advise your doctor or pharmacist.

Once your symptoms have improved you may be able to halve the dose to one spray into each nostril once a day. If symptoms get worse again, the dosage may be increased to two sprays into each nostril once a day. Try to use the lowest dose to control your symptoms.

Do not use a larger dose or use your nasal spray more often than recommended in the instruction leaflet. Do not use more than 2 sprays in each nostril daily.

If after 7 days your symptoms have not improved, stop using the spray and speak to your doctor.

If after 7 days your symptoms have improved but not enough, speak to your doctor or pharmacist for advice.

Use only on medical advice in adolescents aged 12 – 17 years.

Do not use in children under 12 years of age.

Intranasal corticosteroids may cause children to grow more slowly.

Do not use for more than 6 months continuously without the advice of a doctor.

### ***If you use too much (overdose)***

If you or someone else accidentally uses too much FLIXONASE Allergy & Hayfever 24 Hour on one occasion, there is nothing to worry about. However, if you use too much of it over a long time (months or years) you may start to get unwanted side effects inside your nose and body.

**Discuss any worries you may have about this with your doctor or pharmacist.**

**In case of overdose or poisoning contact a doctor or a Poisons Information Centre (telephone Australia 131126; New Zealand 0800 764 766).**

### ***Using the spray***

1. Shake the bottle and remove the cap. Prime the bottle by pumping the spray a few times until a fine mist is produced.
2. Blow your nose gently.
3. Close one nostril as shown and put the nozzle in the other nostril. Tilt your head forward slightly and keep the bottle upright.
4. Start to breathe in slowly through your nose. While you are breathing in squirt a spray of fine mist into your nostril by pressing down firmly on the collar with your fingers.
5. Breathe out through your mouth. Repeat step 4 to take a second spray in the same nostril.
6. Remove the nozzle from this nostril and breathe out through your mouth.
7. Repeat steps 3 to 6 for the other nostril.

**AFTER USING THE SPRAY WIPE THE NOZZLE CAREFULLY WITH A**

CLEAN TISSUE OR HANDKERCHIEF, AND REPLACE THE CAP.

Discard 3 months after first use.

### **How long to use the spray**

Your pharmacist or doctor will tell you how long to use your FLIXONASE ALLERGY 24 HOUR FLUTICASONE for.

Do not use the spray for more than 6 months without the advice of your doctor or pharmacist.

### **If you forget to use the spray**

If you miss a dose, just use the next one when it is due.

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## **While you are using FLIXONASE ALLERGY & HAYFEVER 24 HOUR**

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### **Things you must do**

Tell your doctor or pharmacist that you are using FLIXONASE ALLERGY & HAYFEVER 24 HOUR if you are about to be started on any new medicines.

Tell your pharmacist or doctor if, for any reason, you have not used your medicine exactly as recommended.

Use FLIXONASE ALLERGY & HAYFEVER 24 HOUR only in your nose.

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

Do not give this medicine to anyone else, even if his or her symptoms seem similar to yours.

Do not use FLIXONASE ALLERGY & HAYFEVER 24 HOUR to treat any other conditions unless advised by your doctor to do so.

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## **Side-Effects**

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Check with your pharmacist or doctor as soon as possible if you have any problems while using FLIXONASE ALLERGY & HAYFEVER 24 HOUR, even if you do not think the problems are related to the medicine or are not listed in this leaflet.

See your doctor or pharmacist if:

- You develop signs or symptoms of a nasal or sinus infection such as fever, pain or swelling, or discoloured nasal discharge.

Like other medicines, FLIXONASE ALLERGY & HAYFEVER 24 HOUR can cause some side effects. If they occur, they are most likely to be minor and temporary. However, some may be serious and may need medical attention.

The most commonly reported side-effects are:

- dry or irritated nose or throat
- nosebleeds
- bad taste or smell
- headache
- sores in the nose

If any of these side effects persist, or are troublesome, see your doctor.

Stop using your spray and contact your doctor immediately if:

- You get new changes to your vision, including blurred vision, that develop after starting this product. There have been rare reports of eye problems such as cataracts, glaucoma or rare diseases such as central serous chorioretinopathy(CSCR) in people who have used large amounts of corticosteroids

over a period of several years.

- You develop small holes (perforations) in the ridge inside the nose that separates the nostrils.
- You experience an allergic reaction .

If you think you are having an allergic reaction to FLIXONASE ALLERGY & HAYFEVER 24 HOUR, TELL YOUR DOCTOR IMMEDIATELY or go to the emergency department at your nearest hospital.

Symptoms of an allergic reaction include skin rashes and itching, sometimes with breathing problems or swelling of the lips, tongue, throat or face.

This is not a complete list of all possible side effects. Others may occur in some people and there may be some side effects not yet known.

Tell your pharmacist or doctor if you notice anything else that is making you feel unwell, even if it is not on this list.

Ask your doctor or pharmacist if you don't understand anything in this list.

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

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## **After using FLIXONASE ALLERGY & HAYFEVER 24 HOUR**

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### **Storage**

Keep this medicine where young children cannot reach it.

Keep FLIXONASE ALLERGY & HAYFEVER 24 HOUR below 30°C.

Protect it from frost and light.

Do not freeze.

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

Heat and dampness can destroy some medicines.

Keep your FLIXONASE ALLERGY & HAYFEVER 24 HOUR in its pack until it is time to take it.

If you take the product out of its packaging it may not keep well.

### **Disposal**

If your doctor tells you to stop using FLIXONASE ALLERGY & HAYFEVER 24 HOUR, or the Product has passed its expiry date, ask your pharmacist what to do with any FLIXONASE ALLERGY & HAYFEVER 24 HOUR left over.

Discard 3 months after first use.

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## **Product description**

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### **What Flixonase Allergy & Hayfever 24 Hour looks like**

FLIXONASE ALLERGY & HAYFEVER 24 HOUR is contained in a brown glass bottle fitted with a metering pump, a nasal adaptor and a dust cover containing around 60 or 120 sprays.

All pack sizes may not be marketed.

### **Ingredients**

FLIXONASE ALLERGY & HAYFEVER 24 HOUR contains the active ingredient fluticasone propionate. It also contains the following inactive ingredients:

Dispersible cellulose, sodium carboxymethylcellulose, anhydrous glucose, polysorbate 80, hydrochloric acid (to adjust pH), purified water, benzalkonium chloride, phenethyl alcohol.

### **Marketed by:**

GlaxoSmithKline Consumer Healthcare,  
82 Hughes Avenue  
Ermington NSW 2115 Australia & Auckland, New Zealand.

Freecall  
1800 028 533 (Australia only)  
0800 540 144 (New Zealand only)

FLIXONASE Allergy & Hayfever 24 Hour has an Australian Registration number of AUST R 72724.

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