

NEW ZEALAND CONSUMER MEDICINE INFORMATION

BecloClear 100

Beclomethasone Dipropionate Nasal Spray 100 micrograms per spray

What is in this leaflet

This leaflet answers some common questions about BecloClear 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 BecloClear 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.

What BecloClear 100 is used for

BecloClear 100 contains 100 micrograms of beclomethasone dipropionate per spray.

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.

BecloClear 100 is normally used to prevent and treat seasonal and perennial allergic rhinitis (including hayfever) and vasomotor rhinitis. It 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.

BecloClear 100 may also be used to delay the recurrence of nasal polyps in patients who have undergone nasal polypectomy. It can suppress the increase in size of the polyps that do recur.

Your doctor, however, may prescribe BecloClear 100 for another purpose. BecloClear 100 is only available on prescription from your doctor.

There is no evidence that BecloClear 100 is addictive.

Before you use BecloClear 100

When you must not use it

Do not use BecloClear 100 if you have an allergy to:

- any medicine containing beclometasone
- 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 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.

Before you start to use it

Tell your doctor if you:

- have allergies to any other medicines, foods, preservatives or dyes
- are already taking another steroid product e.g. tablets, asthma or nasal inhaler or eye/nose drops
- have had to stop taking another medicine for your hayfever
- have recently had an injury or surgery to your nose
- have a nasal or sinus infection
- have ulceration in your nose
- bleed easily or get frequent nose bleeds.

Tell your doctor if you are pregnant or plan to become pregnant or are breast-feeding. Your doctor 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 BecloClear 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 may affect the way other medicines work. Your doctor or pharmacist will be able to tell you what to do when using BecloClear 100 with other medicines.

How to use BecloClear 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 box, 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. Before using BecloClear 100 for the first time after opening, you need to prime the pump. Hold the nasal spray as shown. Prime the pump by firmly pressing downwards on the white collar until a fine spray is produced. Discard five sprays into the air. The nasal spray is now ready for use. Reprime the pump with one discarded spray if BecloClear 100 has been left unused for 7 or more days, or it has been disassembled for nozzle cleaning.



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 on the white collar. 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

Your nasal applicator should be cleaned at least once a week, or more often if it gets blocked. To clean, 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.

After cleaning or disassembling your nasal applicator, you must reprime the pump before you use it again by discarding one spray into the air.

How much to use

It is important that you take your dose as stated on the pharmacist's label or as advised by your doctor. You should use only as much as your doctor recommends; using more or less may make your symptoms worse.

The usual dosage for adults and children over 6 years of age is one spray into each nostril twice daily (morning and night).

Your doctor may tell you to use a different dosage to this. If so, follow their instructions.

Do not use more than 400 micrograms in a day.

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

BecloClear 100 should be shaken before use.

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

How long to use it

It usually takes a few days for this medicine to help your nasal symptoms.

If you know you are going to be allergic to, for example, pollen at a particular time of the year, it is helpful to start using your spray just before your symptoms appear to prevent them from starting.

Continuous long term treatment of children is not recommended.

Do not use BecloClear 100 for more than 6 months unless instructed by your doctor.

If you forget a dose

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 BecloClear 100. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using BecloClear 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 BecloClear 100.

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

If you become pregnant while using BecloClear 100, tell your doctor immediately.

Things you must not do

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

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

Side effects

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

BecloClear 100 helps most people with rhinitis, but it may have unwanted side effects in a few people. These effects are usually mild and last only for a short time. However sometimes they are serious and may need medical attention.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

You may sneeze a little immediately after using your spray. You may notice a taste or smell after using your spray.

If your nose or throat becomes dry and irritated or you have a nosebleed after using your spray, tell your doctor as soon as possible.

If you have red eyes or misty vision and headache after using your spray, tell your doctor immediately.

If you think you are having an allergic reaction to BecloClear 100, tell your doctor immediately or go to the Accident and Emergency Department at your nearest hospital. Symptoms usually include some or all of the following:

- 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.

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.

Studies have shown that the active ingredient in BecloClear 100 (beclometasone dipropionate) when taken through the nose for long periods may affect how children grow. In rare cases, some children may be sensitive to the growth effects of corticosteroids, so the doctor may monitor a child's height.

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

After using BecloClear 100

Storage

Keep BecloClear 100 in a place 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 your BecloClear 100 away from direct sunlight and heat (store below 30°C). Do not leave it in the car on hot days.

Do not put your BecloClear 100 in the refrigerator.

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

Product description

BecloClear 100 comes in a plastic bottle fitted with a metering pump, a nasal adaptor and a dust cover. Each bottle contains around 200 sprays.

Ingredients

BecloClear 100 contains 100 micrograms of the active ingredient beclomethasone dipropionate per spray.

It also contains the following inactive ingredients: polysorbate 80, dispersible cellulose, glucose (anhydrous), purified water, benzalkonium chloride (preservative), phenethyl alcohol (preservative), and dilute hydrochloric acid (for pH adjustment).

Further information

If you have any more questions or are unsure about anything, ask your pharmacist or doctor.

Do not throw this leaflet away. You may need to read it again.

Sponsor details

BecloClear 100 is distributed in New Zealand by:

AFT Pharmaceuticals Ltd

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Takapuna
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Phone: 0800 423 823

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