



- CALPOL Saline Nasal Spray is used for treating blocked, dry or irritated nasal passages caused by cold and flu, sinusitis, allergy including hayfever and post-nasal surgery. It works by rinsing and restoring moisture to the nasal passages.
- CALPOL Saline Nasal Spray is suitable for infants, babies, pregnant women and adults and for long-term use.
- Follow the usage guide carefully. This is shown in the table overleaf. See section 2 ▶

Now read this whole leaflet carefully before you use this product. Keep the leaflet: you might need it again.

## 1 What CALPOL Soothe & Care Saline Nasal Spray is for

CALPOL Saline Nasal Spray is a preservative-free, isotonic nasal saline spray containing important minerals designed to provide natural relief from nasal congestion by gently cleaning and moistening the mucous membranes of the nose. Nasal congestion can be due to cold and flu, sinusitis, allergy including hayfever and post-nasal surgery.

### COLD AND FLU

When suffering from cold and flu your nasal lining becomes irritated which leads to production of more mucus than normal resulting in a runny and blocked nose. CALPOL Saline Nasal Spray helps reduce nasal congestion by thinning the mucus and rinsing it away.

CALPOL Saline Nasal Spray can aid with feeding and sleeping for infants and babies suffering from cold and flu as it acts to gently wash away the mucus that causes the blocked nose allowing your child to breathe more easily.

### SINUSITIS

CALPOL Saline Nasal Spray provides temporary relief of nasal congestion associated with sinusitis by effectively thinning and flushing away the mucus that causes the blocked nose.

### ALLERGY including HAYFEVER

CALPOL Saline Nasal Spray when regularly used will assist in washing away irritants that trigger allergies e.g. hayfever. By cleaning the nasal tissue, it washes away the irritants and so helps to minimise the symptoms associated with allergy, such as a runny or blocked nose and restore the normal cleaning function of the mucus membranes of the nose.

### POST-NASAL SURGERY

CALPOL Saline Nasal Spray will help remove dry blood and mucus crusts following nasal surgery.

CALPOL Soothe & Care Saline Nasal spray does not contain preservatives and is suitable for long term use.

## 2 How to use CALPOL Soothe & Care Saline Nasal Spray

Follow the instructions below to ensure that you use CALPOL Saline Nasal Spray correctly:

- Do not use if the packaging is damaged before opening.
- Remove the protective cap.
- To make sure your pump is working, test spray it into the air before you use it for the first time and whenever you have not used it for a week or more. Hold the bottle away from you and press down until you can see a fine mist.

### Infants and babies up to 2 years

- Lay your child down and turn their head to one side.
- Insert nozzle into nostril and press the spray head once.
- Repeat the application in the other nostril.

### Children over 2 years and adults

- Insert the nozzle into the nostril. Keep the bottle vertical.
- Spray deep into the nostril by pressing the spray head once. It is recommended to breathe in through this nostril while holding the other closed.
- Repeat the application in the other nostril.

### After using your nasal spray

- Wipe the nozzle with a clean tissue and put the protective cap back on.

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Check the table below to see how much to use.

- For nasal use only.
- Administer as often as required.
- One bottle should be used only by the same person as the use of this dispenser by more than one person may spread infection.

**USAGE GUIDE:**

Infants and babies up to 2 years	One spray into each nostril as required
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Children over 2 years and adults	One to Two sprays into each nostril as required
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### 3 Storing CALPOL Soothe & Care Saline Nasal Spray

Store below 25°C.

Keep out of the reach and sight of children.

Do not use after the date shown as an expiry date on the packaging.

Note the date of first opening on the container.

Discard 6 weeks after first opening.

Do not use if the solution becomes cloudy or contains particles.

### 4 Further Information

#### What's in CALPOL Soothe & Care Saline Nasal Spray?

CALPOL Saline Nasal Spray is an isotonic saline solution containing 0.9% sodium chloride.

Other ingredients: sodium hydrogen carbonate anhydrous, potassium chloride, calcium chloride, magnesium chloride hexahydrate and purified water.

Each bottle contains approximately 100 sprays.

#### What CALPOL Soothe & Care Saline Nasal Spray looks like

CALPOL Saline Nasal Spray is a clear colourless solution available in 15 ml bottles.

This leaflet was revised February 2010.



**Manufacturer:** Johnson & Johnson Consumer France S.A.S., F-51120 Sezanne, France.

**Distributors:** Johnson & Johnson Ltd., Maidenhead, SL6 3UG, UK.

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