

Information for the user

Boots Allergy Relief 50 microgram Nasal Spray (Fluticasone Propionate)

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to use it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- You must contact a doctor if your symptoms worsen or do not improve after 7 days
- You should not use this medicine continuously for more than 3 months, unless your doctor tells you to

What this medicine is for

This medicine contains Fluticasone Propionate, which belongs to a group of medicines called corticosteroids that act to relieve allergic reactions.

It can be used to prevent and treat sneezing, itchy runny nose, itchy watery eyes, blocked nose and associated sinus pain (symptoms of allergic rhinitis) caused by hayfever and other allergens, such as house dust mites and pets. Non drowsy.

Before you use this medicine

This medicine can be used by adults aged 18 years and over. However, some people should not use this medicine or should seek the advice of their pharmacist or doctor first.

X Do not use:

- **If you are allergic** to fluticasone, or any of the other ingredients in the medicine (see "What is in this medicine")
- **If you are pregnant or breastfeeding**, unless your doctor tells you to

! Talk to your pharmacist or doctor:

- If you have, or have recently had a cold, or any infection of the nose or sinuses
- If you have, or have recently had any type of untreated infection, tuberculosis (a serious bacterial infection), or viral herpes of the eyes
- If you have recently injured your nose, or have ever had an operation on the nose
- If you have problems with ulcers in your nose
- If you are taking ritonavir or other medicines to treat HIV infection (you may be more likely to experience side effects)
- If you are taking or using other corticosteroid medicine (e.g. tablets, cream, ointment, eye drops, nasal sprays or drops, medicines for asthma)
- If you have recently been treated with injected steroids, or you have been taking oral steroids for a long time
- If you use more than the recommended amount of 8 sprays per day of this medicine (you may need extra steroid treatment in times of stress)
- If you are a woman of childbearing age (see "Other important information")

Other important information

If you go into hospital or experience a period of high stress, tell your doctor that you are using this medicine, as you may need extra steroid treatment during this time.

Information about some of the ingredients in this medicine: This medicine contains the preservative benzalkonium chloride, which may cause irritation and skin reactions. If this medicine is used for long periods of time the preservative may cause swelling of the lining of

the nose, which you may notice as persistent congestion. If this occurs you may need a preservative free product for use in the nose, talk to your pharmacist or doctor for more advice.

Women of childbearing age: You must use a reliable form of contraception when using this medicine.

If you take other medicines

Before you use this spray, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Ketoconazole or other medicines used to treat fungal infections
- Ritonavir or other medicines used to treat HIV infection

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to use this medicine

Follow the directions on the back of the leaflet which show you how to use the spray and how to look after it.

For best effect use this medicine regularly.

When you start using the medicine it can take 3 to 4 days to notice the full benefit.

Therefore, if you are using the medicine to prevent symptoms you should start using it 2 to 3 days before you expect symptoms to occur.

This medicine will normally relieve symptoms of hayfever, however, if pollen levels are very high additional medicines may help with symptoms such as itching eyes. Talk to your pharmacist or doctor for more advice.

Age	How much to use	How often to use
Adults of 18 years and over	Two sprays into each nostril	Once a day in the morning. If your symptoms are severe you may need to use the spray twice a day to start with (morning and night). Don't use more than 8 sprays in 24 hours.
Once your symptoms are controlled reduce the number of sprays to one spray in each nostril. If symptoms come back continue using two sprays.		

For use in the nose only.

Do not use on children or adolescents under 18 years.

Do not use more than the amount recommended above.

Do not use this medicine continuously for more than 3 months, unless your doctor tells you to.

If your symptoms do not improve within 7 days stop using the spray and see your doctor.

If your symptoms improve but are not controlled enough, talk to a pharmacist or doctor.

If you forget to use your spray: Use it when you remember unless it is almost time for the next spray. If it is almost time to use the spray again, use it at the usual time, then carry on as before.

If you use too much or if anyone accidentally swallows some of the medicine: It is important that you take your dose as stated on the carton and in the "How to use" section of this leaflet, or as advised by your pharmacist. You should not exceed the recommended dose; using more or less may make your symptoms worse.

If you (or someone else) use more of this medicine than is recommended, or if you think a child has used this medicine, contact your doctor immediately. Please take this leaflet, any

remaining solution, and the container with you to the doctor so that they know which spray was used.

Now read the information on the back of the leaflet.

Directions for using the spray

1. Shake the bottle gently and remove the dust cap.
2. A new spray, or one which has not been used for a few days, may not work the first time. You may need to prime the bottle by pumping the spray a few times until a fine mist is produced. To do this hold the bottle as shown. Put your forefinger and middle finger on the collar either side of the nozzle and your thumb underneath the bottle. Keeping your thumb still, press down with your fingers to pump the spray. Hold the nozzle pointing away from you while you are doing this. If the spray still doesn't work and you think it may be blocked, clean it as described below. 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.
3. Blow your nose gently. To use, close one nostril as shown and put the nozzle in the other nostril. Tilt your head forward slightly and keep the bottle upright. Hold the bottle as shown.
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. Breathe out through your mouth. Repeat this step to take a second spray in the same nostril. Remove the nozzle from this nostril and breath out through your mouth.
5. Repeat step 3 and 4 for the other nostril.
After using the spray, wipe the nozzle carefully with a clean tissue or handkerchief, and replace the dust cap.

To clean the spray

1. Take the dust cap off.
2. Pull upwards on the white collar to remove the nozzle.
3. Soak the nozzle and dust cap in warm water for a few minutes and then rinse under a running tap.
4. Shake off the excess water and allow to dry in a warm, not hot, place.
5. Re-fit the nozzle.
6. 'Prime' the bottle if necessary by pumping the spray a few times until a fine mist is produced.

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

Possible side effects

Most people will not have problems, but some may get some.

! If you get any of these serious side effects, stop using the spray. See a doctor at once:

- Swelling of the lips, face, tongue or throat, difficulty in breathing, or skin rash that develops quickly (signs of rare severe allergic reactions)
- Rarely, narrowing of the airways in the lung causing gasping and difficulty when breathing in and out

These other effects are less serious. If they bother you talk to a pharmacist:

- Very commonly (more than 1 in 10 people are affected), nose bleeds (if this is severe stop using the medicine and talk to your doctor)
- Commonly (less than 1 in 10 people are affected), dryness and irritation of the nose and throat, unpleasant taste or smell, headache

If you have used the medicine for a long time (several months continuously), or you have had an operation on your nose you may get the following side effects.

These effects are very rare (less than 1 in 10,000 people are affected):

- Eye problems such as raised pressure in the eye (glaucoma), or cataracts (clouding of the lens of the eye)
- Ulcers in the nose, or a hole in the soft tissue between your nostrils

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

How to store this medicine

Do not store above 25°C.

Throw away any unused medicine 3 months after you first open the spray.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

What is in this medicine

This spray contains Fluticasone Propionate, which is the active ingredient. Each time you press the spray it releases 50 microgram of the active ingredient.

As well as the active ingredient, the spray also contains anhydrous glucose, microcrystalline cellulose, carmellose sodium, phenylethyl alcohol, benzalkonium chloride, polysorbate 80, purified water.

This pack contains a spray bottle containing 60 sprays of medicine. The spray is a clear fine liquid.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by TEVA Czech Industries s.r.o. Ostravská 29 c.p. 305 747 70 Opava-Komárov Czech Republic. Marketing Authorisation held by TEVA UK Limited Eastbourne BN22 9AG

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Allergy Relief 50 microgram Nasal Spray

Reference number: 00289/1609

This is a service provided by the Royal National Institute of Blind People.

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