



Package leaflet: Information for the user

## **Boots Adult Allergy & Hayfever Relief 0.05% Nasal Spray**

### **Beclometasone dipropionate**

Read all of this leaflet carefully before you start using this medicine because it contains important information for you. Always use this nasal spray exactly as described in this leaflet or as your pharmacist has told you.

- Keep this leaflet you may need to read it again.
  - Ask your pharmacist if you need more information or advice.
  - If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects that are not listed in this leaflet. See section 4.
  - You must talk to a doctor if you do not feel better or if you feel worse after 14 days.
- The name of your medicine is Boots Adult Allergy & Hayfever Relief 0.05% Nasal Spray which will be referred to as this medicine throughout the rest of this document.

#### **What is in this leaflet:**

1. What this medicine is and what it is used for
2. What you need to know before you use this medicine
3. How to use this medicine
4. Possible side effects
5. How to store this medicine
6. Contents of the pack and other information

#### **1. What this medicine is and what it is used for:**

This medicine **contains the active substance beclometasone dipropionate.**

This medicine **is used to treat common symptoms of seasonal allergic rhinitis (hayfever) such as sneezing and a runny, itchy or blocked up nose.**

The active ingredient is beclometasone dipropionate, a corticosteroid which, when used every day, has an anti-inflammatory action and works in a similar way to the natural body chemicals used to control inflammation. This spray helps to control your body's reaction to allergens ('triggers') in the environment.

You must talk to a doctor if you do not feel better or if you feel worse after 14 days.

#### **2. What you need to know before you use this medicine**

**Do not use this nasal spray:**

- If you are allergic to beclometasone dipropionate or any of the other ingredients (listed in section 6).
- If you are **under 18 years.**

#### **Warnings and precautions**

Talk to your doctor or pharmacist before using this nasal spray

- If you have an infection or ulcers in your nose, or if you have recently had surgery or an injury to your nose.
- If your symptoms do not improve within 14 days, talk to your doctor or pharmacist.
- **Do not use for more than 3 months unless your doctor tells you to.**  
Contact your doctor if you experience blurred vision or other visual disturbances.

### **Other medicines and this medicine**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines:

- Particularly **corticosteroid medicines** (including eczema creams, asthma inhalers, tablets, injections, nasal sprays and eye or nose drops).
- Including medicines obtained without a prescription.  
Some medicines may increase the effects of this nasal spray and your doctor may wish to monitor you carefully if you are taking these medicines (including some medicines for HIV: ritonavir, cobicistat).

### **Pregnancy and breast-feeding**

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine.

### **Driving and using machines**

This nasal spray is unlikely to affect you being able to drive or use tools and machinery.

### **This nasal spray contains benzalkonium chloride**

This medicine contains 20 micrograms benzalkonium chloride in each 100 mg spray. Benzalkonium chloride may cause irritation or swelling inside the nose, especially if used for a long time.

## **3. How to use this medicine**

**Always shake well before use. Only use in the nose. Do not swallow.**

This nasal spray quickly starts to reduce inflammation and swelling in your nose, although it may take 2 or 3 days to build up its maximum protective effect. To prevent your symptoms starting, start to use this nasal spray two or three days before exposure to one of your usual 'triggers'. You should use the spray regularly to get the best results from it.

Adults ages 18 years and over:

**Spray two puffs into each nostril once every morning and evening.**

Once your symptoms have improved, you may be able to reduce the dose to **one spray into each nostril every morning and evening.**

- **Do not use more than 8 sprays (400 micrograms) in a day.**
- **Use the lowest dose possible to control your symptoms.**
- **If your symptoms do not improve within 14 days, talk to your doctor or pharmacist.**
- **Do not use more than the recommended dose.**

### **If you use more of this nasal spray than you should**

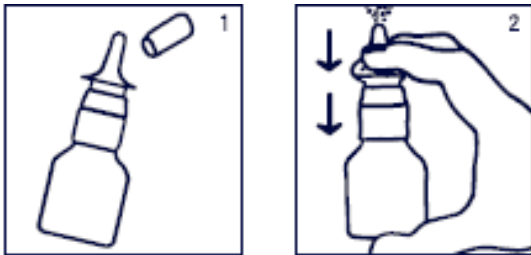
Tell your doctor.

### If you forget to use the spray

Take the next dose at the usual time. Do not use a double dose to make up for a forgotten dose.

### Before you use a new bottle of this nasal spray:

- Your nasal spray has a dust cap which protects the nozzle and keeps it clean. Remember to take it off before you use the spray (Picture 1).
- Before you start to use a new bottle of this nasal spray, or if you have not used the spray for a few days, press the pump down several times until you get a fine spray.
- Hold the bottle as shown with 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 (Picture 2).
- When doing this make sure you do not point the nozzle at yourself or someone else.
- If the spray still doesn't work, try to clean it as described under the 'To clean the spray' section. Do not try to unblock or enlarge the tiny spray hole with a pin or other sharp object because this will destroy the spray mechanism.



### Using this nasal spray:

1. Shake the bottle well and remove the dust cap.
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. Hold the bottle as shown (Picture 3).
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 in the same nostril for a second spray.
6. Remove the nozzle from this nostril and breathe out through your mouth (Picture 4).
7. Repeat steps 3 to 6 for the other nostril (Picture 5).
8. After using the spray, wipe the nozzle carefully with a clean tissue or handkerchief and replace the cap.



**To clean the spray:**

1. Take the dust cap off.
2. Pull upwards on the white collar to the remove the nozzle (Picture 6).
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 place – not too hot!
5. Re-fit the nozzle.
6. If necessary, press the pump down several times until you get a fine spray.

**4. Possible side effects**

Like all medicines, this nasal spray can have side effects, but not everybody gets them.

Very rare side effects (may affect up to 1 in 10,000 people) reported with this nasal spray include:

- Immediate hypersensitivity (allergic) reactions may occur after use of this product. These reactions may be severe. You should stop taking this medicine and get immediate medical help if you experience symptoms such as: developing a rash, itching, swelling of the mouth and face or having difficulty breathing.

Rare side effects (may affect up to 1 in 1,000 people) reported with this nasal spray include:

- Eye problems such as an increase in pressure in the eye (glaucoma) and/or cataracts causing visual disturbances.
- Nasal problems such as pain and/or persistent bleeding (nasal septal perforation).
- You may notice an unpleasant taste or smell.

Common side effects (may affect up to 1 in 10 people) reported with this nasal spray include:

- Nose bleeds.
- Dryness or irritation in the nose or throat.

Frequency not known:

- Blurred vision.

It is important to follow the dose instructions shown in Section 3. Using this nasal spray at higher doses for longer than 1 month at a time can cause a number of changes in your body such as catching infections more easily.

### **Reporting of side effects:**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

### **5. How to store this medicine**

#### **Keep out of the sight and reach of children.**

Do not use this medicine after the 'EXP' date shown on the pack. Keep the container in the outer carton to protect from sunlight. Do not store above 25°C. Do not store in a fridge. **Use the bottle within three months of first opening.**

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

### **6. Contents of the pack and other information**

#### **What this nasal spray contains:**

**The active ingredient** Each spray contains Beclometasone Dipropionate 50 micrograms.

**Other ingredients** Microcrystalline cellulose. Sodium carboxymethylcellulose, glucose, polysorbate 80, purified water, benzalkonium chloride and phenylethyl alcohol.

#### **What this nasal spray looks like and contents of the pack**

The plastic bottle contains 180 aqueous nasal sprays.

#### **The marketing authorisation holder is**

Galpharm Healthcare Limited, Wrafton, Braunton, Devon, EX33 2DL, United Kingdom

**The manufacturer** is Richard Bittner AG, Ossiacherstraße 7, 9560 Feldkirchen, Austria.

**The distributor** is The Boots Company PLC.

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