



pirinase[®]
Hayfever Relief for Adults
0.05% Nasal Spray
Fluticasone Propionate



Please read right through this leaflet before you start using this medicine. This medicine is available without prescription, but you still need to use Pirinase Hayfever Relief for Adults 0.05% Nasal Spray carefully to get the best results from it.

- Keep this leaflet you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

In this leaflet:

1. What Pirinase Hayfever Relief does
2. Check before you use Pirinase Hayfever Relief
3. How to use Pirinase Hayfever Relief
4. Possible side effects
5. How to store Pirinase Hayfever Relief
6. Further information

1. What Pirinase Hayfever Relief does

Pirinase Hayfever Relief is used to treat the allergic symptoms of hayfever including sneezing, itchy and watery eyes and a runny, itchy or blocked-up nose, for up to 24 hours.

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

2. Check before you use Pirinase Hayfever Relief



Do not use Pirinase Hayfever Relief

- Do not use if you are taking medicines for HIV.
- Do not use if you have ever had an allergic reaction to fluticasone propionate or to any of the other ingredients (listed in Section 6).
- Do not use if you are under 18 years.



Take special care with Pirinase Hayfever Relief

- Talk to your doctor or pharmacist before using Pirinase Hayfever Relief if you have an **infection** in your nose or sinuses, if you have a **high temperature** or you have recently had **surgery**, an **injury** or **ulcers** in your nose.
- **If your symptoms do not improve after 7 days**, or they are still not well controlled, talk to your doctor or pharmacist.
- **Do not use continuously for more than 1 month** unless your doctor tells you to.



If you are taking other medicines

Do not use this medicine if you are taking medicines for HIV.

Talk to your doctor or pharmacist before using this medicine if you are taking any prescribed medicines; particularly **corticosteroid medicines** (including eczema creams, asthma inhalers, tablets, injections, nasal sprays, and eye or nose drops).



Pregnancy and breast-feeding

Talk to your doctor before using Pirinase Hayfever Relief if you are **pregnant, trying to become pregnant or are breast-feeding.**

3. How to use Pirinase Hayfever Relief

Always shake well before use. Only use in the nose. Do not swallow. To get the best results from Pirinase Hayfever Relief, use the spray every day.

Pirinase Hayfever Relief quickly starts to reduce inflammation and swelling in your nose, although it may take 3 or 4 days to build up to its maximum protective effect. You should try to use the spray in the morning.



Adults aged 18 years and over:
Spray two puffs into each nostril once daily.

Once your symptoms have improved, you may be able to reduce the dose to **one puff into each nostril once daily.**



- Do not spray more than 4 sprays (200 micrograms) in a day.
- Use the lowest dose possible to control your symptoms.
- If your symptoms do not improve after 7 days, or they are still not well controlled, talk to your doctor or pharmacist.
- Do not use more than the recommended dose.

If you use too many sprays

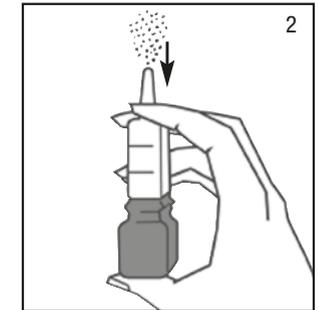
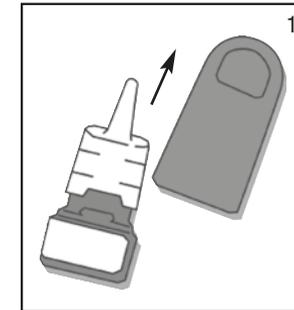
Tell your doctor.

If you forget to use the spray

Take your next dose at the usual time. Never take two doses together.

Before using a new bottle of Pirinase Hayfever Relief

- Your Pirinase Hayfever Relief 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 Pirinase Hayfever Relief, or if you have not used the spray for a few days, press the pump down several times until you get a fine mist.
- 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 objects because this will destroy the spray mechanism.



Please turn over ➡



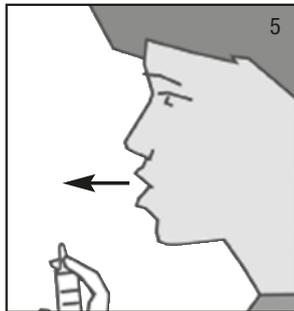
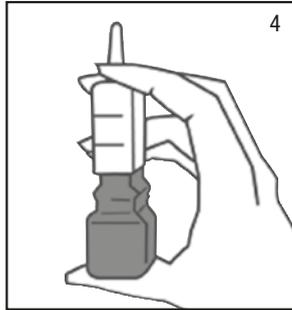
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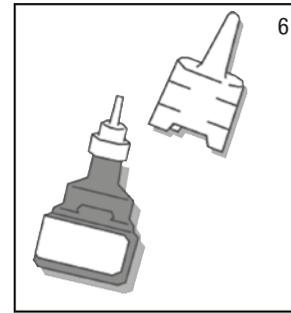
Using Pirinase Hayfever Relief:

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 (Picture 4).
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 (Picture 5).
7. Repeat steps 3 to 6 for the other nostril.
8. 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 and nozzle off (Picture 6).
2. Soak the nozzle and dust cap in warm water for a few minutes and then rinse under a running tap.
3. Shake off the excess water and allow to dry in a warm place – not too hot!
4. Re-fit the nozzle.
5. If necessary, press the pump down several times until you get a fine mist.



4. Possible side effects

Like all medicines, Pirinase Hayfever Relief can have side effects, but not everybody gets them.

Very common (affects more than 1 in 10 people)

- Nose bleeds.

Common (affects between 1 in 10 and 1 in 100 people)

- Headache.
- Unpleasant taste or smell.
- Dryness or irritation in the nose or throat.

Very rare (affects less than 1 in 10,000 people)

Stop taking this medicine and seek immediate medical help if you experience:

- Allergic reactions. These may include developing a rash, swelling of the mouth or face or having difficulty breathing.

Stop taking this medicine and tell your doctor if you experience:

- Eye problems such as pain or blurred vision.
- Nasal problems such as pain and/or persistent bleeding.

Other side effects which have been reported are:

- Sneezing after using the spray but this soon stops.

It is important to follow the dose instructions shown in Section 3. Using Pirinase Hayfever Relief at higher doses or for a prolonged period of time can cause a number of changes in your body such as catching infections more easily.

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. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Pirinase Hayfever Relief

Keep out of the sight and reach of children.

Do not use this medicine after the 'EXP' date shown on the pack.

Use within three months of first use.

Do not store above 30°C.

6. Further information

Active ingredient Each spray contains Fluticasone Propionate 50 micrograms.

Other ingredients Dextrose (anhydrous), microcrystalline cellulose, carboxymethylcellulose sodium, phenylethyl alcohol, benzalkonium chloride, polysorbate 80, purified water and dilute hydrochloric acid.

The bottle contains 60 sprays.

More about Hayfever

Hayfever is a common allergic condition that affects up to one in five people at some point in their life.

What are the symptoms?

Symptoms of hayfever include sneezing, a runny or blocked nose and itchy or watery eyes.

What are the causes?

Hayfever is caused when a person has an allergic reaction to pollen. When these tiny particles come into contact with the cells that line your mouth, nose, eyes and throat, they irritate them and trigger an allergic reaction.

What is the pollen count?

The pollen count is affected by the weather and is a measure of how much pollen is in the air. Less pollen is released on cooler, cloudy days than on hot, sunny days. Hayfever symptoms are likely to be worse if the pollen count is high.

The marketing authorisation holder is GlaxoSmithKline Consumer Healthcare, Brentford, TW8 9GS, U.K. and all enquiries should be sent to this address.

The manufacturer is Glaxo Wellcome SA, 09400 Aranda de Duero, Burgos, Spain.

This leaflet was last revised in November 2015.

This information in this leaflet only applies to Pirinase Hayfever Relief for Adults 0.05% Nasal Spray.

PIRINASE and the **Trigger** device are registered trade marks of the GSK group of companies.

Study

GSK is conducting a study to see how patients use this medicine. To participate, please visit www.pirinasurvey.com or scan the QR code on the outer carton with your smartphone.

