GALPHARM BLOCKED NOSE RELIEF 0.05% w/v NASAL SPRAY (Oxymetazoline Hydrochloride)

PATIENT INFORMATION LEAFLET

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

- 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 or pharmacist if your symptoms worsen or do not improve.

IN THIS LEAFLET:

1. What this medicine is for
2. Before you use the medicine
3. How to use the nasal spray
4. Possible side effects
5. Storing the medicine
6. Further information

1 WHAT THIS MEDICINE IS FOR

The nasal spray contains Oxymetazoline Hydrochloride which is a decongestant. It relieves a stuffy, blocked nose by shrinking the blood vessels helping to open the nasal passages. It acts within a few minutes and lasts for up to 12 hours.

The medicine is a solution which is sprayed into the nostrils to relieve the congestion in the nose and sinuses which you get in conditions such as colds, catarrh and hayfever.

2 BEFORE YOU USE THE MEDICINE

Do not use this nasal spray if you:

- Are allergic to any of the ingredients listed in section 6
- Are currently taking Monoamine Oxidase Inhibitors (used to treat depression), or have taken them within the last 14 days
- Have glaucoma (increased pressure in the eye)
- Have coronary heart disease
- Have high blood pressure
- Have an over-active thyroid gland
- Have diabetes
- Have porphyria
- Are pregnant.

Pregnancy and breast feeding

Do not use if you are pregnant.

Talk to your doctor or pharmacist before using the nasal spray if you are breast feeding.

Taking or using other medicines

Do not use if you are taking or have recently taken Monoamine Oxidase Inhibitors (see above)

If you are taking any other medicines, you should see your doctor or pharmacist for advice before taking this medicine.

Important information about some of the ingredients of this medicine:

- Contains benzalkonium chloride which is an irritant and may cause skin reactions.
- Contains thiomersal as a preservative which may cause local skin reactions (e.g. contact dermatitis) and discolouration. It may also cause allergic reactions. Tell your doctor if you have any known allergies.

3 HOW TO USE THE NASAL SPRAY

For nasal use only

<table>
<thead>
<tr>
<th>Age</th>
<th>Dose and how to use</th>
<th>How often to use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults, the elderly and children aged 12 years and above</td>
<td>See diagram. Hold the container upright, place the tip of the spray nozzle in each nostril in turn and squeeze the container firmly twice as you breathe in through the nose.</td>
<td>The nasal spray dose may be applied up to twice daily, or used at bedtime to give relief through the night.</td>
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</tbody>
</table>

Do not use in children under 12 years

Do not exceed the stated dose.

Do not use continuously for more than 7 days.

This product is not suitable for long-term use (see also section 4 ‘Possible Side Effects’, overleaf). If symptoms persist, consult your doctor.

If you do not understand these instructions or if you require any further information about your medicine, ask your doctor or pharmacist.

If you use too much:

If you have used more spray than the stated dose, talk to a doctor or pharmacist immediately.

Further information overleaf.
POSSIBLE SIDE EFFECTS

Most people use this nasal spray without any problems, but, like all medicines it can have side effects.

Allergic reaction
Stop using the nasal spray and contact your doctor or go to the nearest hospital casualty department immediately if you notice:
- skin rashes or itching
- sneezing or stinging or burning of the nose
- swelling of the nose, lips, tongue or throat
- difficulty in breathing.

Other side effects
- If the spray is used regularly over a long period it may cause a condition called rebound congestion. This is an unusual swelling of the lining of the nose, leading to itching, sneezing and a blocked nose following the last dose of the spray. Therefore do not use the spray continuously for more than 7 days.
- This product contains thiomersal as a preservative and it is possible that this may cause local skin reactions (e.g. contact dermatitis) and discolouration around the nose. It may also cause an allergic reaction (see above).

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

STORING YOUR MEDICINE

Do not use this medicine after the expiry date shown on the bottle and carton.

Keep all medicines out of the reach and sight of children.

FURTHER INFORMATION

What is in this nasal spray?
The active ingredient is: Oxymetazoline hydrochloride 0.05% w/v
Other ingredients are: Benzalkonium chloride, thiomersal, sodium chloride, menthol, eucalyptol, camphor, methyl salicylate, poloxamer, sodium citrate, anhydrous citric acid and purified water.

What this medicine looks like and contents of the pack
The product is a clear liquid which is sprayed in fine droplets out of the nozzle of the container. A pack contains a white 15 ml bottle.

Marketing Authorisation Holder:
Galpharm Healthcare Ltd, Wrafton, Braunton, Devon, EX33 2DL, United Kingdom.

Manufacturer: Galpharm International Ltd, Elmhirst Park, Middle Field Road, Barnsley, South Yorkshire, S75 4LS, United Kingdom.

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