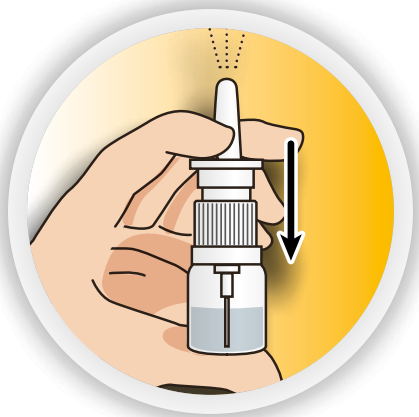


Precautions

1. For nasal use only.
2. Use the medication as directed by your doctor. Do not use the nasal spray for longer than prescribed.
3. If you have history of drug allergy, consult your doctor or pharmacist before using the medication.
4. After opening, the nasal spray should be discarded after the expiry date as indicated by the drug label. Discard all medications that have expired or are no longer required.
5. Do not share the medication with other people.
6. Tell your doctor and pharmacist if you are pregnant, planning to become pregnant, or breastfeeding.
7. If the nasal spray is being used for the first time, shake it thoroughly and spray into the air for a few times until a fine mist is produced. This ensures the nasal spray is able to deliver the medication. If it has not been used for a period of time (as stated on the package insert), spray once into the air before use to ensure a fine mist is produced.



8. Clean the nasal spray on a regular basis according to the instruction of the product.
9. Please consult your doctor if symptoms persist or worsen after using the medication.

What are the possible side effects?

Nasal spray may leave an unpleasant taste in your mouth. If this happens, rinse your mouth with water.

If you notice any allergic reactions like skin itchiness, face or hand swelling, breathing difficulty, etc., consult your doctor immediately.

What if I miss a dose?

Use the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not double the dose.

How to store?

1. Keep out of reach of children.
2. Store in a cool, dry place and away from direct heat and light.



For any queries, please seek advice from your doctor, pharmacist or other healthcare professionals.

Nasal Sprays





What are Nasal Sprays?

Nasal sprays are solution or suspension of medication. They are sprayed into the nostrils, usually to produce a local effect directly inside the nose.



Indication

In general, nasal spray can be used to treat and control chronic rhinitis and allergic rhinitis. It can also be used for the relief of nasal congestion due to common colds and flu.

However, there may be other uses of your nasal spray. Please consult your doctor or pharmacist if in doubt.

How to use?

Directions of use may differ among brands. Read carefully and follow the instructions of individual products.

1. Gently blow nose so that nostrils are clear before using the nasal spray.



2. Wash hands with soap and water.
3. Shake the nasal spray before use. Remove the cap.
4. Tilt head slightly forward. Keep the bottle upright.
5. Close one nostril by gently pressing against the side of nose with finger.
6. Insert the nozzle of the nasal spray into the other nostril. Point the nozzle toward the outer side of the nostril, away from the centre ridge of the nose.



7. Spray one dose into the nostril. At the same time, breathe in slowly through your nostril.



8. Remove the nozzle of the nasal spray from the nostril and breathe out through mouth.



9. Shake the nasal spray and then repeat step 4 to 8 if a second dose is required in the same nostril.
10. Shake the nasal spray and then repeat step 4 to 9 for the other nostril if required.
11. Wipe the nozzle of the nasal spray with clean tissue. Cap the bottle after use.



Try to avoid sneezing or blowing your nose immediately after using the nasal spray.