

BECONASE[®] Hayfever Relief for Adults Nasal Spray

Beclometasone Dipropionate

Please read right through this leaflet before you start using this medicine. This medicine is available without prescription, but you still need to use Beconase Hayfever Relief for Adults 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 Beconase Hayfever Relief does
2. Check before you use Beconase Hayfever Relief
3. How to use Beconase Hayfever Relief
4. Possible side effects
5. How to store Beconase Hayfever Relief
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1. What Beconase Hayfever Relief does

Beconase Hayfever Relief is used to treat the 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 natural body chemicals to control inflammation. This spray helps to control your body's reactions to allergens ('triggers') in the environment.

2. Check before you use Beconase Hayfever Relief



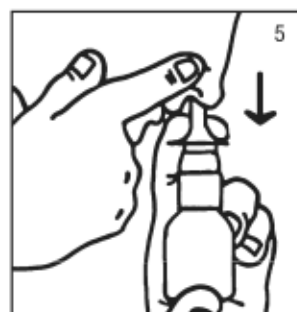
Do not use Beconase Hayfever Relief:

- if you have ever had an allergic reaction to beclometasone dipropionate or to any of the other ingredients (listed in Section 6)
- if you are under 18 years.



Using Beconase 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.
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 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 dust cap.



Take special care with Beconase Hayfever Relief

- Talk to your doctor or pharmacist before using Beconase Hayfever Relief if you have an infection or ulcers in your nose or you have recently had surgery or an injury to your nose.
- If your symptoms do not improve within 7 days, talk to your doctor or pharmacist.
- Do not use for more than 1 month unless your doctor tells you to.



If you are taking other medicines

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 Beconase Hayfever Relief if you are pregnant, trying to become pregnant or are breast feeding.

3. How to use Beconase Hayfever Relief

Always shake well before use. Only use in the nose. Do not swallow. Beconase Hayfever Relief quickly starts to reduce inflammation and swelling in your nose, although it may take 2 or 3 days to build up to its maximum protective effect. You should use the spray regularly to get the best results from it.



Adults aged 18 years and over:
Spray two puffs into each nostril 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 with 7 days, 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 Beconase Hayfever Relief:

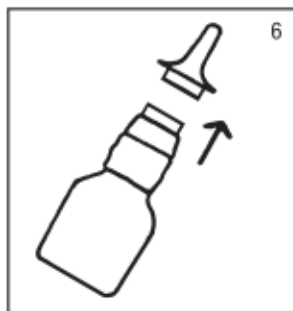
- Your Beconase Hayfever Relief spray has a dust cap which protects the nozzle and keeps it clean. Remember to take it off before you use the spray (Picture 1).
- Before you start to use a new bottle of Beconase Hayfever Relief, or if you have not used the spray for a few days, press the pump down several times until you get a fine 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 objects because this will destroy the spray mechanism.



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To clean the spray:

1. Take the dust cap off.
2. Pull upwards on the white collar to 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, Beconase Hayfever Relief can have side effects, but not everybody gets them.

Stop taking the 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 the 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.

The following side effects may occur:

- You may notice an unpleasant taste or smell.
- Nose bleeds.
- Dryness or irritation in the nose or throat.

It is important to follow the dose instructions shown in Section 3. Using Beconase Hayfever Relief at higher doses or for longer than 1 month at a time can cause a number of changes in your body such as catching infections more easily. If you do get any side effects, even those not mentioned in this leaflet, tell your doctor or pharmacist.

5. How to store Beconase Hayfever Relief

Keep out of the reach and sight 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 light. Do not store above 30°C (86°F). Do not store in a fridge. Use within three months of first use.

6. Further information

Active ingredient Each spray contains

Beclometasone Dipropionate 50 micrograms.

Other ingredients Microcrystalline cellulose, sodium carboxymethylcellulose, dextrose, polysorbate 80, purified water, benzalkonium chloride and phenylethyl alcohol.

The plastic bottle contains 100 sprays.

The marketing authorisation holder is

Omega Pharma Ltd., 32 Vauxhall Bridge Road, London, SW1V 2SA, United Kingdom and all enquiries should be sent to this address.

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

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