

# Otrivine®

## Adult Nasal spray

### Xylometazoline Hydrochloride

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

This medicine is available without a prescription. However, you still need to use Otrivine Adult Nasal Spray carefully to get the best results from it.

- 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 if the symptoms worsen or do not improve after 7 days.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

#### In this leaflet:

1. What Otrivine Adult Nasal Spray is and what it is used for
2. Before you use Otrivine Adult Nasal Spray
3. How to use Otrivine Adult Nasal Spray
4. Possible side effects
5. How to store Otrivine Adult Nasal Spray
6. Further information

## 1. WHAT OTRIVINE ADULT NASAL SPRAY IS AND WHAT IT IS USED FOR

Otrivine Adult Nasal Spray is for application in the nose to give relief from:

- nasal congestion (blocked nose, including colds)
- perennial and allergic rhinitis (recurring inflammation of the nasal mucous membranes, including hay fever)
- sinusitis.

Otrivine Adult Nasal Spray contains the active ingredient xylometazoline hydrochloride which helps to open up and clear the nasal passages by reducing the excessive nasal secretions and returning the swollen blood vessels to their normal size.

## 2. BEFORE YOU USE OTRIVINE ADULT NASAL SPRAY

**DO NOT** use the spray if you:

- are allergic to xylometazoline hydrochloride or any of the other ingredients in the spray (see Section 6)
- are allergic to other decongestants
- have had recent neurosurgery.

**Do not use this spray for children under 12 years old.**

#### Take special care

Before using the spray tell your doctor if you:

- have an overactive thyroid gland (hyperthyroidism)
- have glaucoma
- have diabetes mellitus
- have heart or circulatory disease
- are pregnant or breast-feeding.
- have hypertension

**Do not take decongestants for more than 7 days in a row.**

#### Using other medicines

Please tell your doctor or pharmacist before using this product if you are taking or have recently taken any medicines (especially monoamine oxidase inhibitors or other antidepressants) including those obtained without a prescription.

#### Pregnancy or breast-feeding

If you are pregnant or breast-feeding, consult your doctor before using Otrivine.

Ask your doctor or pharmacist for advice before taking any medicine.

## 3. HOW TO USE OTRIVINE ADULT NASAL SPRAY

#### Dosage:

**For Adults and Children over 12 years of age:**

1 spray in each nostril 2 or 3 times daily.



### Administration:

1. Clear your nose.
2. Lean forward slightly and insert the nozzle into a nostril (see diagram).
3. Squeeze the bottle once and sniff at the same time.
4. Remove the nozzle before releasing the pressure on the bottle.
5. Repeat for the other nostril.

To avoid possible spread of infection, this pack should only be used by one person. For reasons of hygiene do not use this bottle for more than 28 days after opening it.

**Do not exceed the recommended dosage.**

**If you use more Otrivine Adult Nasal Spray than you should, consult your doctor or pharmacist.**

## 4. POSSIBLE SIDE EFFECTS

Like all medicines, Otrivine Adult Nasal Spray can cause side effects, although not everybody gets them. Local discomfort may be felt after applying the spray if you have sensitive nasal passages.

**Occasionally** the following side effects have been reported:

- A burning sensation in the nose and throat
- local irritation
- nausea
- headache
- dryness of the nasal membranes
- temporary and passing visual disturbances
- allergic reactions.

Cardiovascular effects, for example, palpitations may also occur especially if you have heart problems.

**If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.**

Also you can help to make sure that medicines remain as safe as possible by reporting any unwanted side effects via the internet at HYPERLINK "<http://www.mhra.gov.uk/yellowcard>" [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). Alternatively you can call Freephone 0808 100 3352 (available from 10 a.m. to 2 p.m. Mondays to Fridays) or fill in a paper form available from your local pharmacy.

## 5. HOW TO STORE OTRIVINE ADULT NASAL SPRAY

Keep this medicine out of the sight and reach of children.

Do not use after the expiry date which is stated on the bottle after "EXP". The expiry date refers to the last day of that month.

Do not store above 25 °C.

Do not use this bottle for more than 28 days after opening it.

Medicines should not be disposed of via wastewater or household waste.

Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## 6. FURTHER INFORMATION

### What Otrivine Adult Nasal Spray contains

The **active** ingredient is xylometazoline hydrochloride (0.1% w/v).

The **other** ingredients are sodium chloride, sodium phosphate, sodium acid phosphate, disodium edetate, benzalkonium chloride and water.

### What Otrivine Adult Nasal Spray looks like and the contents of the pack

Otrivine Adult Nasal Spray is a clear, colourless aqueous solution packed in 10ml bottles.

### Marketing Authorisation Holder and Manufacturer

Novartis Consumer Health, Camberley, GU15 3YL, UK