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# BECONASE<sup>®</sup> Hayfever Relief for Adults Nasal Spray

Beclometasone Dipropionate

Read all of this leaflet carefully before you start using this medicine because it contains important information for you. Always use Beconase Hayfever Relief exactly as described in this leaflet or as your pharmacist has told you.

- Keep this leaflet you may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects that are not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 7 days.

## What is in this leaflet:

1. What Beconase Hayfever Relief is and what it is used for
2. What you need to know before you use Beconase Hayfever Relief
3. How to use Beconase Hayfever Relief
4. Possible side effects
5. How to store Beconase Hayfever Relief
6. Contents of the pack and other information

## 1. What Beconase Hayfever Relief is and what it is used for

Beconase Hayfever Relief contains the active substance beclometasone dipropionate. 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. You must talk to a doctor if you do not feel better or if you feel worse after 7 days.

## 2. What you need to know before you use Beconase Hayfever Relief

### **X** Do not use Beconase Hayfever Relief:

- if you are allergic to beclometasone dipropionate or any of the other ingredients (listed in section 6).
- if you are under 18 years.

### **!** Warnings and precautions

Talk to your doctor or pharmacist before using Beconase Hayfever Relief

- if you have an infection or ulcers in your nose, or if 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.**
- Contact your doctor if you experience blurred vision or other visual disturbances.

### **!** Other medicines and Beconase Hayfever Relief

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines;

- particularly **corticosteroid medicines** (including eczema creams, asthma inhalers, tablets, injections, nasal sprays and eye or nose drops).
- including medicines obtained without a prescription.

Some medicines may increase the effects of Beconase Hayfever and your doctor may wish to monitor you carefully if you are taking these medicines (including some medicines for HIV: ritonavir, cobicistat).

### **!** Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine.

### **!** Driving and using machines

Beconase Hayfever Relief is not likely to affect you being able to drive or use any tools or machines.

### **!** Beconase Hayfever Relief contains benzalkonium chloride

Beconase Hayfever Relief contains benzalkonium chloride which may cause problems with your breathing (bronchospasm).

## 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 more Beconase Hayfever Relief than you should

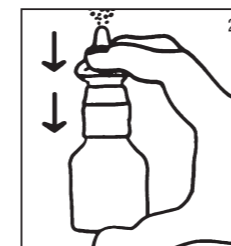
Tell your doctor.

### If you forget to use the spray

Use your next dose at the usual time. Do not use a double dose to make up for a forgotten dose.

### 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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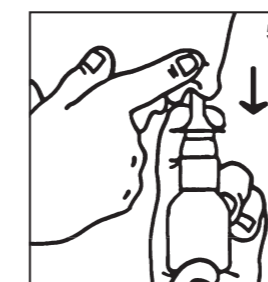
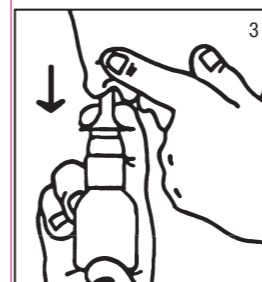
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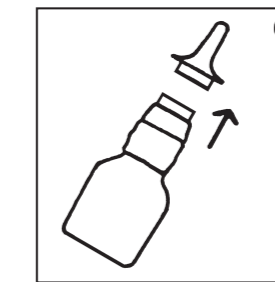
## **✓** Using Beconase Hayfever Relief:

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 in the same nostril for a second spray.
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.



## 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.

Very rare side effects (may affect up to 1 in 10,000 people) reported with Beconase Hayfever include:

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

Rare side effects (may affect up to 1 in 1,000 people) reported with Beconase Hayfever include:

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

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

- Frequency not known:
- Blurred vision.

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.

**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](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

## 5. How to store Beconase Hayfever Relief

**Keep out of the sight and reach 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 25°C (77°F). Do not store in a fridge. Use within three months of first use.

## 6. Contents of the pack and other information

### What Beconase Hayfever Relief contains

**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.

### What Beconase Hayfever Relief looks like and contents of the pack

The plastic bottle contains 100 aqueous nasal 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 manufacturers are:** Richard Bittner AG, Ossischerstraße 7, 9560 Feldkirchen, Austria. Glaxo Wellcome SA, 09400 Aranda de Duero, Burgos, Spain.

This leaflet was last revised in February 2019.

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



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