

# FLO Saline Plus

## Consumer Medicine Information

### What is FLO Saline Plus?

FLO Saline Plus is a sterile, preservative free, non-medicated and isotonic (no-sting formula) saline solution containing the added minerals magnesium chloride hexahydrate, calcium chloride and potassium chloride. The solution also contains sodium chloride (8.10mg/mL) and sodium bicarbonate. There are no chemical buffers and no alcohol.

### How does FLO Saline Plus work ?

FLO Saline Plus thins and loosens mucus and moisturises dry nasal tissues. The gentle mist spray helps to move mucus to the back of the nose from where it is naturally swallowed. This action assists in keeping nasal passages clear.

The removal of excess mucus helps to clear the nose during colds and flu and to relieve the nasal congestion experienced with sinusitis.

Washing the nasal tissues with saline helps to reduce the pollen and nasal irritant load in the nose. This can decrease the severity of nasal symptoms experienced in hay fever and allergies.

### How to use FLO Saline Plus

**Before first use:** Remove the protective cap on the nozzle and with your thumb underneath the bottle

position your index and middle fingers on either side of the nozzle on the circular depression flange. Depress the pump several times until the spray is seen.

**Administering a dose:** With the head upright insert the tip of the nozzle into one nostril and angle it slightly backwards. One squirt is delivered each time the pump is depressed. Spray as many times as required to deliver the recommended dose. After the dose has been inserted into both nostrils remove the nozzle and pinch nostrils together. Then tilt your head to each side for 5-10 seconds. Release both nostrils and gently blow your nose if required.

When finished, wipe the nozzle with a clean tissue and replace the protective cap.

#### *Use in young children*

Do not insert the nozzle into the child's nostril. Place the nozzle underneath the nostril and insert the dose of FLO Saline Plus as directed. This is done to avoid nasal injury which may be caused by sudden head movement.



#### *What dose do I use and how often should FLO Saline Plus be used?*

FLO Saline Plus does not contain any preservatives and is non-medicated so it is not habit forming. It may be used as often as required and for as long as needed to help relieve nasal congestion. However, if symptoms

persist you should see your healthcare professional.

Adults and children over 12 years of age: Insert up to 8 sprays per nostril.

Children 2 years to 12 years of age: Insert up to 5 sprays per nostril.

Children up to 2 years of age: Insert 1 to 2 sprays per nostril.

**Caution:** This dispenser must only be used by one person as sharing may spread infection.

#### *Can FLO Saline Plus be used in pregnancy and while breast feeding?*

FLO Saline Plus can be used during both pregnancy and while breast feeding.

Some women experience nasal congestion during pregnancy. The cause of this is not fully understood. It is important to try and relieve this congestion in order to minimise mouth breathing.

#### *Does FLO Saline Plus interact with other medications?*

Since FLO Saline Plus is non-medicated and preservative free you can use it with any other medication.

If you are using another nasal product then it is advisable to allow 20-30 minutes between the application of each product.

### What side effects can be expected when using FLO Saline Plus?

FLO Saline Plus is a non medicated, preservative free solution and as such

you should not experience any side effects while using it as directed. However, if you do experience any nasal discomfort or increased nasal congestion you should stop using it and see your healthcare practitioner.

This information leaflet was updated on 12th August 2015.

### ***How is FLO Saline Plus packed ?***

FLO Saline Plus is presented in a 30mL spray pump pack. The outer carton is sealed with tabs on the top and bottom flaps. You should not use this product if any of these tabs have been removed or damaged in any way.

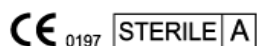
### ***What you need to know about expiry dates on FLO Saline Plus***

There is an expiry date stamped on the outer carton and on the bottle label. Do not use the product if the expiry date has passed.

Since there is an advanced pump system and a solution which is sterile and free of preservatives, FLO Saline Plus should be discarded 12 months after it has been used for the first time. For your convenience, space has been provided on the bottle label for you to record the discard date. Do not use the product after that date.

This information does not represent all the information on FLO Saline Plus. If you have any questions about the product then please consult your healthcare practitioner. Alternatively, contact ENT Technologies on (local call cost) 1300 857 912.

Remember to use this product only as directed and see your healthcare practitioner if symptoms persist.



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