

NASONEX® ALLERGY

mometasone furoate 50 micrograms/spray

Consumer Medicine Information

What this medicine is used for

Effective treatment & prevention of:

- Hayfever
- Dust Allergies
- Pet Allergies
- Mould Allergies

Provides relief from hayfever allergies symptoms such as:

- Nasal congestion
- Sneezing
- Runny nose
- Itchy nose

Directions for use

- The pump should be primed prior to first use or if it has not been used for 14 days or longer
- Shake well before each use

Age	How Much	How Often	Maximum Daily Dose
Adults and Children 12 years and over	Initially 2 sprays into each nostril Once symptoms are controlled, reduce to 1 spray into each nostril	Once daily	One dose in 24 hrs

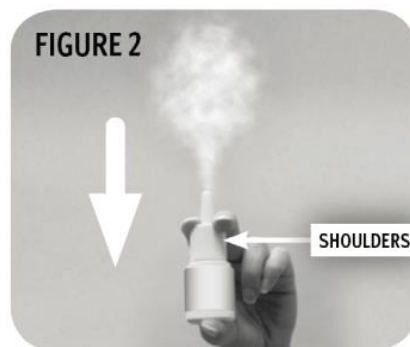
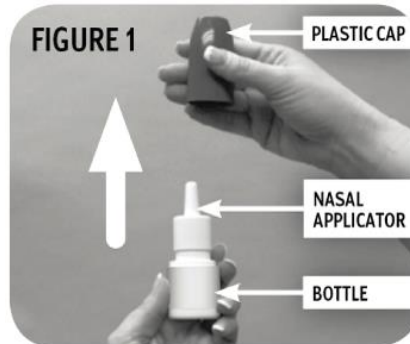
Use every day for best results. It may take 1-2 days for the full effect to take place. **Do not exceed the maximum daily dose.**

HOW TO PRIME THE PUMP

The pump needs to be primed if you are using the spray for the first time or if you have not used it for 14 days or longer.

1. Shake the bottle well.

2. Remove the plastic cap. (Figure 1)
3. Hold the bottle in your hand with your index and middle finger on the bottle shoulders, and your thumb on the base.
4. If you are using the spray for the first time, press down and release the pump ten times or until a fine spray appears. If you have not used the pump for 14 days or more, reprime by pumping 2 times until a fine spray appears. (Figure 2)
5. The pump is now ready to use.



HOW TO USE

We recommend the X Spray Technique



Shake the bottle well before each use.

Gently blow your nose to clear the nostrils.

Tilt your head forward slightly.



Hold the bottle in your **RIGHT** hand with your index and middle finger on the bottle shoulders, and your thumb on the base. Carefully insert the nasal applicator tip into the **LEFT** nostril, forming the first half of the “X”. With the applicator tip in your nostril, aim it in the direction of the inside corner of your **LEFT** eye. Spray while inhaling normally.



Swap the bottle to hold it in your **LEFT** hand and carefully insert the nasal applicator tip into the **RIGHT** nostril forming the other half of the ‘X’. With the applicator tip in your nostril, aim in the direction of the inside corner of your **RIGHT** eye. Spray while inhaling normally. **Using the opposite hand to the nostril helps ensure the spray reaches the nasal cavities and is aimed away from the septum (the joining wall in the middle of the nostrils).**

After use, wipe the applicator tip with a tissue and replace the cap.

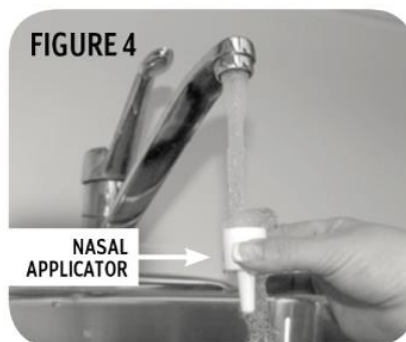
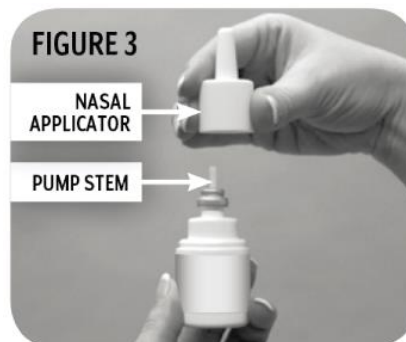
Go to www.nasonexallergy.com.au to see a video demonstration of the X Spray Technique

HOW TO CLEAN AND WHAT TO DO IF BLOCKED

It is important to wash the nasal applicator tip regularly, otherwise it may not work properly.

If it gets blocked, clean the inside of the applicator tip. It is important not to unblock the applicator tip by inserting a pin or other sharp object as this will damage the applicator.

1. Remove the plastic cap.
2. Pull gently upward on the nasal applicator to remove. (Figure 3)
3. Rinse both ends of the nasal applicator under cold water. Let air dry. (Figure 4)
4. Once dry, put nasal applicator back on pump stem.
5. Reprime the pump.
See **HOW TO PRIME THE PUMP** instructions.



Please keep this leaflet for future use.

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