

Flo™ Nozoil™

Consumer Medicine Information

Please read this leaflet carefully before use. Keep this leaflet with the product as you may need to refer to it again.

What is Flo Nozoil?

Flo Nozoil is a preservative-free, non-medicated nasal moisturiser containing pharmaceutical-grade sesame seed oil (1mL/mL) to help relieve dry and crusting nasal tissue.

Flo Nozoil contains all three natural forms of Vitamin E (alpha, beta and gamma). Flo Nozoil is available in either a metered pump spray or squeeze dropper bottle.



What is Flo Nozoil used for?

Flo Nozoil helps relieve dry and crusting nasal tissue. Your healthcare practitioner may recommend Nozoil in the following situations:

- Following nasal surgery – to help moisturise healing tissues and soften nasal crusting.
- Due to nasal medication side effects – some medicated nasal sprays may cause dryness and crusting.
- Acne medication side effects – some acne medications may cause nasal dryness and crusting.
- Colds – during and after a cold or flu your nose may become sore due to crusting or excessive nose blowing.
- Low humidity environments - when exposed to air conditioned

environments or cabin air on planes.

- Nasal CPAP and oxygen therapy - nasal CPAP and oxygen therapy may cause nasal dryness or congestion. Flo Nozoil has been clinically trialled in CPAP therapy and shown to help alleviate nasal dryness and improve the comfort of CPAP treatment.
- After radiation therapy to the head and neck. This treatment can result in the accumulation of mucus in the nose and sinuses. Sesame seed oil has been clinically trialled and shown to help relieve symptoms associated with dry and crusting mucus in these patients.
- The elderly - natural changes to the lining of the nose and nasal cartilages in elderly people are common and may result in the nose becoming dry and crusty. Flo Nozoil helps relieve these symptoms.

How does Flo Nozoil work?

Flo Nozoil helps to protect damaged, dry and crusty tissue from low humidity and also helps to reduce the effects of inflammation which can occur in nasal tissue. Flo Nozoil does not evaporate quickly from the nasal tissues resulting in prolonged moisturising effects to help relieve nasal dryness and crusting.

How to use Flo Nozoil

Depending on your preference, you may find one form of Flo Nozoil more suitable than the other. Refer below for specific directions of each.

Flo Nozoil SPRAY

1. Remove the protective cap covering the nozzle. Tilt head slightly back and place the tip of the nozzle into one nostril. Angle the nozzle backwards and then apply dose.
2. Repeat the procedure for the other nostril.
3. Gently pinch nostrils together, hold for a few seconds and then straighten head to the upright position. Wipe away any excess oil using a clean tissue.
4. After use wipe the nozzle with a clean tissue. Replace protective cap.



Dosage

Adults: 1-2 squirts per nostril 2-3 times daily as required. Children from 4 to 12 years: 1 squirt per nostril twice daily as required.

Flo Nozoil DROPS

1. Remove the protective cap covering the nozzle. Tilt head back slightly and turn the Nozoil drops bottle upside down and place the nozzle tip into nostril. Then apply dose.
2. Repeat the procedure for the other nostril.
3. Gently pinch nostrils together, hold for a few seconds and then

straighten head to the upright position. Wipe away any excess oil using a clean tissue.

4. After use wipe the nozzle with a clean tissue. Replace protective cap.



Dosage

Adults: 2-4 drops per nostril 2-3 times daily as required. Children from 4 to 12 years: 1-2 drops per nostril twice daily as required.

Flo Nozoil is not recommended for children under 4 years of age, unless advised by a healthcare practitioner.

Precautions

- Discontinue use if irritation occurs.
- Previous sinus surgery may result in oil finding its way into your eyes. Check with your surgeon before using this product.
- Sometimes dryness and crusting in the nose may result in bleeding. If the bleeding is severe, consult your healthcare practitioner.
- Do not use within an hour before lying down or going to bed at night.
- The use of this device by more than one person may spread infection.
- Store below 25°C. Always store in the carton provided.
- Do not use product after the expiry date.

Warnings

- Do not use this product if you are allergic to sesame seed or Vitamin E.
- Keep out of reach of children.

Can Flo Nozoil can be used in pregnancy and while breastfeeding?

Flo Nozoil can be used in pregnancy and while breastfeeding.

Can Flo Nozoil be used with other nasal medications?

If you are using another nasal product, apply Flo Nozoil at least 20 minutes afterwards. For further information, please refer to your healthcare practitioner.

Are there any side effects when using Flo Nozoil?

Only a few minor side effects have been reported, ranging from itching to a feeling of nasal blockage. If you have an allergic reaction to this product, discontinue use immediately and tell your healthcare practitioner or go to the emergency department at your nearest hospital. Discontinue use if you experience any nasal discomfort, irritation or symptoms of a nasal or sinus infection such as fever, pain and nasal blockage.

How is Flo Nozoil packed?

Flo Nozoil is packaged in a white 15mL plastic bottle fitted with either a metered pump nasal spray applicator or a drop applicator. The outer carton is sealed with tabs on the top and bottom of the carton. Do not use this product if the tabs have been removed or are damaged. Batch and expiry date is displayed on the base of the bottle and carton.

Additional information

This leaflet does not represent all the information on Flo Nozoil. If you have any questions about the product then please consult your healthcare practitioner. Alternatively, contact ENT Technologies (contact details below). Always use this product as directed and see your healthcare practitioner if symptoms persist.

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