

## TELNASE

Triamcinolone Acetonide

### Consumer Medicine Information

#### What is in this leaflet?

This leaflet answers some common questions about **TELNASE**. It does not contain all the information that is known about **TELNASE**.

It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits.

If you have any concerns about using **TELNASE** ask your doctor or pharmacist.

Keep this leaflet with your **TELNASE** as you may need to read it again.

#### What is TELNASE used for?

**TELNASE** contains a corticosteroid and is used to treat seasonal allergic rhinitis (hayfever) and perennial allergic rhinitis.

Hayfever produces symptoms such as sneezing, itching and runny nose. Sometimes you can get these symptoms all year long and this is called perennial allergic rhinitis. It is often caused by dust mites or hair from a cat or a dog.

**TELNASE** sprayed into your nose will relieve the sneezing, itchy, runny nose you experience with hayfever or perennial allergic rhinitis.

There is no evidence that **TELNASE** is addictive.

#### What do I need to know before using TELNASE?

##### Do not use TELNASE if you:

- are allergic to any of the ingredients in **TELNASE**
- have an infection of the nose

##### Tell your doctor or pharmacist if you:

1. are pregnant or plan to become pregnant
2. are breastfeeding
3. have a nasal or sinus infection
4. have recently had nasal ulcers, injury or surgery to your nose.
5. are taking any other medicines, especially other medicines that contain corticosteroids
6. have asthma or are taking asthma medication

**Do not give TELNASE to children under 12 years of age.**

#### How much TELNASE should I use?

**TELNASE** is very simple to use, the usual dose of **TELNASE** is two sprays into each nostril, once a day. Once your symptoms are controlled, your dose may be reduced to one spray in each nostril once a day.

**Do not use more than 2 sprays in each nostril daily.**

#### Using the Spray.

1. Blow your nose gently to clear your nostrils.
2. Remove the blue cover by pulling upwards and pull off the blue plastic clip. Shake bottle gently before use.



3. The first time you use the nasal spray, hold the bottle upright and fill the pump by pressing the nozzle downwards and releasing it 5 times, until a fine spray is produced. The pack is now ready to use.



4. Close one nostril by pressing gently with your finger. Hold the bottle upright and insert the nozzle into the other nostril as far as is comfortable. Whilst breathing in gently through your nose with your mouth closed, press the bottle upwards once to deliver one spray. Repeat if more than one spray is required.



5. Breathe out through your mouth.
6. Repeat steps 3 and 4 for the other nostril.

7. To keep the spray nozzle clean, wipe it with a tissue after each use. Press the safety ring back into place to prevent accidental doses and replace the cover over the nozzle.

If your **TELNASE** has not been used for 2 weeks or more, then spray once into the air before use.

**Do not use TELNASE for more than 6 months without advice from your doctor or pharmacist.**

**TELNASE** will not relieve your symptoms immediately. It may take a few days for **TELNASE** to relieve your symptoms.

**See your doctor or pharmacist if your symptoms are not relieved within 7 days.**

#### While Using TELNASE

**You should use TELNASE regularly for best control of your allergic symptoms.**

**Obtain a new bottle of TELNASE within 8 weeks after the bottle was first opened, even if you have not used all the solution.**

**Unlike some other hayfever medicines, TELNASE does not cause drowsiness and does not appear to affect your ability to drive or to operate machinery.**

#### Does TELNASE have any unwanted Effects?

While on **TELNASE**, some people may experience side effects. Most of the time they are mild and only last for a short period, occasionally they may be serious.

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- increased runny nose
- increased sneezing
- irritation inside the nose
- increased blocked nose
- sore throat

**Tell your doctor or pharmacist if:**

- you develop signs or symptoms of a nasal or sinus infection such as fever, pain or swelling, or discoloured nasal discharge
- you have eye pain or visual disturbances
- Your nose bleeds
- You suffer any headaches

**Tell your doctor if you notice anything else that is making you feel unwell.**

#### Where should I keep my TELNASE?

**Keep TELNASE in a cool place where the temperature stays below 25°C. Ensure TELNASE is kept out of the reach of children.**

**Do not use TELNASE after the date shown as (EXP) on the packaging.**

#### What do I do if too much TELNASE is taken (overdose)?

If you think that you or anyone else has taken too much **TELNASE**, or, if **TELNASE** is swallowed, immediately telephone your doctor or Poisons Information Centre (phone 131126) or go to casualty at your nearest hospital. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

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What does TELNASE look like and what is in it?

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**TELNASE** is a nasal spray. It comes in a white plastic bottle with a special pump spray that has a nozzle to help you spray TELNASE into your nostrils. It also contains a protective cover to help you keep the nozzle clean.

Each spray contains 55mcg of triamcinolone acetonide as the active ingredient.

**TELNASE** also contains:

benzalkonium chloride, disodium edetate, purified water, glucose-anhydrous, cellulose-microcrystalline, polysorbate 80, carmellose sodium, hydrochloric acid, sodium hydroxide.

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