

## **Adult Measured Dose Sinusitis 0.1% w/v Nasal Spray**

Xylometazoline hydrochloride

**Read all of this leaflet carefully because it contains important information for you.**

**This medicine is available without a prescription.**

However, you still need to use Otrivine Adult Measured Dose Sinusitis Spray carefully to get the best results from it.

— Keep this leaflet. You may need to read it again.

— Ask your pharmacist if you need more information or advice.

— You must contact a doctor if the symptoms worsen or do not improve after 7 days.

— If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

### **In this leaflet:**

1. What Otrivine Adult Measured Dose Sinusitis Spray is and what it is used for
2. Before you use Otrivine Adult Measured Dose Sinusitis Spray
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## **1. WHAT OTRIVINE ADULT MEASURED DOSE SINUSITIS SPRAY IS AND WHAT IT IS USED FOR**

Otrivine Adult Measured Dose Sinusitis Spray is for application in the nose to give relief from:

- nasal congestion (blocked nose, including colds);
- perennial and allergic rhinitis (recurring inflammation of the nasal mucous membranes, including hay fever);
- sinusitis.

Otrivine Adult Measured Dose Sinusitis Spray contains the active ingredient xylometazoline hydrochloride which helps to open up and clear the nasal passages by reducing the excessive nasal secretions and returning the swollen blood vessels to their normal size.

## **2. BEFORE YOU USE OTRIVINE ADULT MEASURED DOSE SINUSITIS SPRAY**

**DO NOT** use the spray if you:

- are allergic to xylometazoline hydrochloride or any of the other ingredients in the spray (see Section 6).

Symptoms include: rash, swelling of the face and throat, difficulty breathing.

- If you are taking, or have taken in the last two weeks, drugs for depression known as Monoamine Oxidase Inhibitors (MAOIs)
- have an overactive thyroid gland (hyperthyroidism)
- have acute heart disease

- have undergone recent trans-nasal surgery (brain surgery where the operation was carried out through the nose or mouth)
- have narrow angle glaucoma (increased pressure in eyes)
- have chronic nasal inflammation with very dry nasal passages (rhinitis sicca or atrophic rhinitis).

Tell your doctor or pharmacist if any of the above apply.

### **Take special care with Otrivine Adult Measured Dose Sinusitis Spray**

Before using the spray tell your doctor if

- you have high blood pressure
- you suffer from heart disease
- you suffer from diabetes mellitus
- you have an enlarged prostate gland (prostatic hypertrophy)
- you have a benign tumour of the adrenal gland that produces high amounts of adrenaline and noradrenaline (phaeochromocytoma).

Like other products for the relief of blocked nose, this product can give rise to sleep disturbances, dizziness and tremor in very sensitive individuals. Consult your doctor if these symptoms have proven troublesome to you.

**Keep away from the eyes and mouth.**

**Do not use this spray for children under 12 years old.**

**Do not take decongestants for more than 7 days in a row. Prolonged or excessive use may cause the stuffiness in the nose to return or worsen.**

### **Using other medicines**

Please tell your doctor or pharmacist before using this product if you are taking or have recently taken any medicines (especially monoamine oxidase inhibitors or other antidepressants) including those obtained without a prescription.

### **Pregnancy or breast-feeding**

If you are pregnant or breast-feeding, consult your doctor before using Otrivine.

### **Driving and using machines**

Otrivine has very little or no effect on your ability to drive or use machines. If you have blurred vision then do not drive or operate machines.

### **Important information about some of the ingredients of Otrivine Adult Measured Dose Sinusitis Spray**

Otrivine Adult Measured Dose Sinusitis Spray contains benzalkonium chloride which may cause nasal irritation, difficulty with breathing and wheezing.

## **3. HOW TO USE OTRIVINE ADULT MEASURED DOSE SINUSITIS SPRAY**

### **Dosage:**

#### **For Adults and Children over 12 years of age:**

1 spray in each nostril 3 times daily as needed. Do not exceed 3 applications daily into each nostril. The last dose can be applied before going to bed.

**Administration:**

1. Before using for the first time, prime the pump by performing a few pumping motions until an even spray is released into the air. At subsequent applications the dosing spray pump will be ready for instant use. Be careful not to spray in the eyes.
2. Blow your nose gently.
3. Hold the bottle upright with thumb under base and nozzle between two fingers.
4. Lean forward slightly and insert the nozzle into a nostril.
5. Spray and breathe in gently through the nose at the same time.
6. Repeat with the other nostril.
7. Clean and dry the nozzle before replacing back the cap right after use.

**Do not exceed the recommended dosage.**

If you use more Otrivine Adult Measured Dose Sinusitis Nasal Spray than you should or accidentally swallow it, consult your doctor or pharmacist immediately.

**4. POSSIBLE SIDE EFFECTS**

Like all medicines, Otrivine Adult Measured Dose Sinusitis Spray can cause side effects, although not everybody gets them. Local discomfort may be felt after applying the spray if you have sensitive nasal passages.

STOP using Otrivine and seek medical help if you have any of the following.

- difficulty breathing or swallowing.
- Swelling of the face, lips, tongue or throat.
- Severe itching of the skin, with red rash or raised bumps.

Common side effects (may affect less than 1 in 10 individuals)  
Dryness or irritation of the nasal mucosa, nausea, headache or local burning sensation.

Very rare side effects (may affect less than 1 in 10,000 individuals) Allergic reaction (skin rash, itching), temporary or passing blurred vision, irregular or fast heartbeat. Cardiovascular effects, for example, palpitations, may also occur especially if you have heart problems.

**If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.**

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 HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2;

Tel: +353 1 6764971;  
Fax: +353 1 6762517;  
Website: [www.hpra.ie](http://www.hpra.ie);  
E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie).

By reporting side effects you can help provide more information on the safety of this medicine.

## **5. HOW TO STORE OTRIVINE ADULT MEASURED DOSE SINUSITIS SPRAY**

Keep out of the sight and reach of children.

Do not use after the expiry date which is stated on the bottle after "Expiry". The expiry date refers to the last day of that month.

Do not use this bottle for more than 28 days after opening it.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## **6. FURTHER INFORMATION**

### **What Otrivine Adult Measured Dose Sinusitis Spray contains**

The **active** ingredient is xylometazoline hydrochloride (0.1%w/v, 1 mg/ml).

The **other** ingredients are Benzalkonim chloride, Disodium phosphate dodecahydrate (Sodium phosphate), Disodium edetate, Sodium dihydrogen phosphate dihydrate (sodium acid phosphate), Sodium chloride, Sorbitol liquid noncrystallising (E420), Hypromellose, Purified water.

### **What Otrivine Adult Measured Dose Sinusitis Spray looks like and the contents of the pack**

Otrivine Adult Measured Dose Sinusitis Spray is a clear, colourless aqueous solution packed in 10 ml bottles.

### **Marketing Authorisation Holder and Manufacturer**

Novartis Consumer Health, Camberley, GU15 3YL, UK

**This leaflet was last revised in March 2015.**

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