

**PATIENT PACKAGE INSERT IN ACCORDANCE WITH
THE PHARMACISTS' REGULATIONS (PREPARATIONS) - 1986**

Read this package insert carefully in its entirety
before using this medicine

The format of this leaflet was determined by the Ministry
of Health and its content was checked and approved

ALNASE®

Nasal Drops and Spray

Composition:

| | |
|--------------------|-------|
| Phenylephrine HCl | 0.25% |
| Naphazoline HCl | 0.05% |
| Mepyramine maleate | 0.50% |

Also contains: Sodium phosphate monobasic, sodium phosphate dibasic, sodium chloride, hydroxy propyl methyl cellulose, phosphoric acid, sodium metabisulphite, disodium edetate, methyl paraben, propyl paraben, benzalkonium chloride, purified water.

Therapeutic activity:

This medicine constricts the blood vessels in the nasal passages and thus, reduces nasal congestion.

Indications:

This medicine is indicated for the relief of nasal congestion due to common cold, rhinitis, sinusitis, hay fever, and other upper respiratory tract allergies.

When should the preparation not be used?

Do not use this medicine if you are sensitive to any of its ingredients or other nasal decongestants.

Do not take this medicine without consulting a doctor before starting treatment:

If you are pregnant in the first/third trimester or breastfeeding.
If you are suffering, or have suffered in the past, from impaired function of the eyes (e.g. glaucoma), the heart and/or vascular system - hypertension, from hyperthyroidism, enlargement of the prostate gland and diabetes.

How will this medicine affect your daily life?

This medicine contains an anti-allergic ingredient that can cause drowsiness; therefore, if you feel drowsy, avoid driving a car.

Warnings:

Do not use this medicine frequently, or for a long period, without consulting a doctor.

Frequent and prolonged use of this medicine may cause damage to the nasal mucosa.

If you are sensitive to any type of food or medicine, inform your doctor before commencing treatment with this medicine.

Drug Interactions:

If you are taking another drug concomitantly or if you have just finished treatment with another medicine, inform the attending doctor, in order to prevent hazards or lack of efficacy arising from drug interactions. This is especially important for medicines belonging to the following groups: antidepressants (such as: tricyclics or monoamine oxidase inhibitors), antihypertensives (such as: methyl dopa, guanethidine, guanadrel).

Side effects:

In addition to the desired effect of the medicine, adverse reactions may occur during the course of taking this medicine, for example:

burning, dryness, irritation or stinging in nostrils, sneezing. These side effects usually disappear within a short time following the period of adaptation to the medicine but, if they continue or are particularly bothersome, consult your doctor.

Effects that require special attention:

Recurring nasal congestion.

Symptoms of systemic drug absorption, such as: fast irregular heartbeat, headache or dizziness, nervousness, trembling, sleeping disturbances (rare): stop treatment and consult physician.

In the event that you experience side effects not mentioned in this leaflet, or if there is a change in your general health, consult your doctor immediately.

Recommended dosage unless otherwise prescribed by your doctor:

Instill or spray twice into each nostril every 3-6 hours (see Directions for use).

Do not exceed the recommended dosage.

The administration of this medicine to infants and children below 12 years of age is not recommended without a doctor's prescription.

If there is no improvement in your condition within 3 days, discontinue use of this medicine and refer to your doctor.

Do not use this medicine for more than 3-5 consecutive days.

Attention:

Do not swallow! This medicine is intended for external use only.

Directions for use:

Nasal drops: Blow the nose gently. Tilt back your head or lie down on a bed. Instill the drops into each nostril keeping your head tilted backwards for a few minutes to allow the medicine to spread throughout the nose.

Before re-dipping the dropper into the solution, thoroughly rinse the dropper with warm water and dry with a clean paper towel. Close the bottle tightly.

Nasal spray: Blow the nose gently. With your head upright, spray the medicine into each nostril (simultaneously blocking the other nostril with a finger) and breathe in short inhalations drawn from two rapid, sharp squeezes of the bottle. Wait 3-5 minutes. Gently blow your nose again, and repeat the procedure if necessary.

After use: Wipe the tip of the bottle with a damp tissue, dry with a clean paper tissue and close tightly.

To avoid spreading infection, do not use the same bottle for more than one person.

Avoid poisoning!

This medicine, and all other medicines, must be stored in a safe place out of the reach of children and/or infants, to avoid poisoning. If you have taken an overdose, or if a child has accidentally swallowed the medicine, proceed immediately to a hospital emergency room and bring the package of the medicine with you. Do not induce vomiting unless explicitly instructed to do so by a doctor!

Do not take medicines in the dark! Check the label and the dose each time you take your medicine. Wear glasses if you need them.

Storage: In a cool place, below 25°C.

Even if kept in their original container and stored as recommended, medicines may be kept for a limited period only. Please note the expiry date of the medicine! In case of doubt, consult the pharmacist who dispensed the medicine to you.

Do not store different medications in the same package.

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