SUMMARY OF PRODUCT CHARACTERISTICS

1 NAME OF THE MEDICINAL PRODUCT

Otrivin Menthol 0.1% w/v, Nasal spray

2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Otrivin Menthol 0.1%w/v metered-dose spray
Each ml of metered-dose spray contains 1 mg of xylometazoline hydrochloride.

Excipients with known effect:
Benzalkonium chloride: 0.1 mg/ml.

For a full list of excipients, see section 6.1.

3 PHARMACEUTICAL FORM

Nasal, solution.
Opalescent, white solution, with an odor of menthol and eucalyptol.

4 CLINICAL PARTICULARS

4.1 Therapeutic indications

Nasal congestion in acute colds, vasomotor rhinitis, hay fever, rapid relief of nasal congestion for up to ten hours in adults and adolescents aged 12 years and older.

4.2 Posology and method of administration

Otrivin Menthol should not be used in children aged less than 12 years old.

Method of administration:

Otrivin nasal metered-dose spray

Age	Posology
Adults and adolescents over 12 years of age	1 spray into each nostril, 3 times daily as needed. Leave an interval of 8 to 10 hours between doses. Do not exceed a maximum of 3 applications daily into each nostril.

The metered-dose spray allows you to apply an exact dose and ensures that the solution is evenly distributed on the surface of the nasal mucosa. It prevents the likelihood of an unintentional overdose.

Each puff of Otrivin Menthol delivers 0.14 mL (0.14 mg of xylometazoline hydrochloride).
Before first use, press the spray pump 4 times. Once full, the pump will remain charged for the period of regular daily use. If spraying does not occur when the pump is fully pressed, or is not used for more than 7 days, it must be refilled by pressing the pump 4 times as done before the first use. It is recommended to make the last application shortly before bedtime. Be careful not to bring into contact with your eyes.

1. Clear the nose gently.
2. Remove protective cap.

3. Do not cut the nozzle. The metered dose spray is ready to prime before use.
4. Hold the bottle upright with thumb under base and nozzle between two fingers.
5. Lean forward slightly and insert the nozzle into a nostril.
6. Spray and breathe in gently through the nose at the same time.
7. Repeat in the other nostril.
8. Clean and dry the nozzle before replacing back the cap right after use.

To avoid possible spread of infection, the spray should only be used by one person.

4.3 Contraindications

- Hypersensitivity to the active substance or to any of the excipients mentioned in section 6.1.
- After transsphenoidal hypophysectomy or other surgical procedures with the exposure of dura mater.
- Patients with narrow angle glaucoma.
- Rhinitis sicca or atrophic rhinitis.
- In children under 12 years of age.

4.4 Special warnings and precautions for use

Otrivin Menthol, like other sympathomimetic agents, should be used with caution in patients with an excessive reaction to adrenergic substances, as manifested by signs of insomnia, dizziness, tremor, cardiac arrhythmias or elevated blood pressure.

This medicine should be used with caution in patients with:

- Cardiovascular diseases or hypertension,

- Hyperthyroidism, diabetes mellitus, pheochromocytoma, prostatic hypertrophy,

- Therapy with monoamine oxidase inhibitors (MAOI) or who have been treated with an MAOI in the past two weeks (see section 4.5).

Patients with long QT syndrome treated with xylometazoline may be at increased risk of serious ventricular arrhythmias.

Like other vasoconstrictors, Otrivin Menthol should not be used for more than three consecutive days: prolonged or excessive use may cause rebound congestion.

Keep out of sight and reach of children.

Paediatric population:
Otrivin Menthol is contraindicated in children under 12 years of age.
This medicine contains 0.014 mg benzalkonium chloride in each actuation of 0.14 ml which is equivalent to 0.100 mg/ml. Benzalkonium chloride may cause irritation or swelling inside the nose, especially if used for a long time.

4.5 Interaction with other medicinal products and other forms of interaction

The concomitant use of xylometazoline with monoamine oxidase inhibitors (MAOI) or tricyclic and tetracyclic antidepressants, may cause an increase in blood pressure due to the cardiovascular effects of these substances (see Warnings and Precautions).

4.6 Fertility, pregnancy and lactation

Pregnancy
In view of its potential systemic vasoconstrictor effect, it is advisable to take the precaution of not using Otrivin Menthol during pregnancy.

Breastfeeding
There is no evidence of any adverse effect on the breast-fed infant. However, it is not known if xylometazoline is excreted in breast milk, therefore caution should be exercised and Otrivin Menthol should be used only under medical advice, while breast-feeding.

Fertility
There are no adequate data for the effects of Otrivin Menthol on fertility and no animal studies are available.

4.7 Effects on ability to drive and use machines

Otrivin Menthol has no or negligible influence on the ability to drive and use machines.

4.8 Undesirable effects

The adverse effects are listed below, by system organ class and frequency. Frequencies are defined as: very common (≥1/10), common (≥1/100 to <1/10), uncommon (≥1/1,000 to<1/100), rare (≥1/10,000 to <1/1,000) or very rare (<1/10,000), unknown (cannot be calculated from available data).
Adverse reactions are presented in order of decreasing seriousness within each frequency grouping.

System Organ Class	Adverse Reactions	Frequency
Immune system disorders	Hypersensitivity reaction (angioedema, rash, pruritus)	Very rare
Nervous system disorders	Headache	Common
Eye disorders	Transient loss of vision	Very rare
Cardiac disorders	Irregular heart rate and increased heart rate	Very rare
Respiratory, thoracic and mediastinal disorders	Nasal dryness or discomforn	Common
	Epistaxis	Uncommon
	Apnea in children and newborns	Very rare
Gastrointestinal disorders	Nausea	Common
General disorders and administrations site conditions	Burning at the application site	Common

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Any suspected adverse events should be reported to the Ministry of Health according to the National Regulation by using an online form
https://sideeffects.health.gov.il/
Additionally, please also report to GSK Israel (il.safety@gsk.com)

4.9 Overdose

Signs and symptoms

Excessive administration of topical xylometazoline hydrochloride or accidental ingestion may cause severe dizziness, perspiration, severely lowered body temperature, headache, bradycardia, hypertension, respiratory depression, coma and convulsions. Hypertension may be followed by hypotension. Children are more sensitive to toxicity than adults.

Treatment

Appropriate supportive measures should be initiated in all individuals suspected of an overdose, and urgent symptomatic treatment under medical supervision is indicated when warranted. This would include observation of the individual for several hours.

5 PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Pharmacotherapeutic group: 14.1.1. medicines used in otorhinolaryngological disorders. Topical products, ATC Code: R01A A07

Mechanism of action

Xylometazoline hydrochloride is a sympathomimetic agent that acts on α-adrenergic receptors in the nasal mucosa. When administered in the nose, it exerts a constricting effect on nasal blood vessels, decongesting the nasal mucosa and surrounding regions of the pharynx. It also reduces the symptoms associated with mucus hypersecretion and facilitates the drainage of the secretions that obstruct the passage. This effect enables the decongestion of the nasal passages, allowing patients to breathe more easily through the nose.

Pharmacodynamic effects

The effect of Otrivin Menthol starts within 2 minutes after administration and lasts for up to 10 hours.

Otrivin Menthol is well tolerated, even by patients with sensitive mucosa. It does not impair the function of the ciliated epithelium.

In addition to the active substance xylometazoline, Otrivin Menthol contains refreshing aromatic menthol and eucalyptol vapors.

Clinical Trials

Allergic Rhinitis

Thirty-six subjects with persistent allergic rhinitis were evaluated to compare their response to 0.1% xylometazoline hydrochloride nasal spray vs mometasone furoate 100 mcg nasal spray. Xylometazoline hydrochloride was superior to mometasone in terms of peak nasal inspiratory flow, forced inspiratory volume and nasal obstruction score ($p<0.05$).

5.2 Pharmacokinetic properties

In humans, after the local application of the drug to the nose, plasma concentrations of xylometazoline are very low, close to the limit of detection.

Absorption
Local administration leads to minimal systemic absorption. However, systemic absorption of intranasal xylometazoline occurs and can lead to systemic sympathomimetic adverse effects when the recommended dose is exceeded (see warnings and precautions).

Distribution
There are no data from human studies.

Biotransformation
There are no data from human studies.

Elimination
There are no data from human studies.

5.3 Preclinical safety data

Non-clinical data reveal no special hazard for humans at the recommended dose and use.

There are no data available on carcinogenicity. However, in vitro and in vivo genotoxicity data did not demonstrate any genotoxic potential. In a study where xylometazoline was administered subcutaneously in rats and mice, no teratogenic effects were observed.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Sorbitol
Sodium chloride
Disodium phosphate dodecahydrate
Castor oil polyoxyl hydrogenated (Cremophor RH 40)
Sodium dihydrogen phosphate dihydrate
Disodium edetate
Levomenthol (Menthol)
Cineole (Eucaliptol)
Benzalkonium chloride
Purified water

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

The expiry date of the product is indicated on the packaging materials.

6.4 Special precautions for storage

Do not store above 25ºC.

6.5 Nature and contents of container

Nasal metered-dose spray: High density polyethylene bottle for crimping with Propylene nose piece metered dose pump including an actuator mounted with a polyethylene protective cup.. Content: 10 ml.

6.6 Special precautions for disposal

No special requirements.

Any unused product or waste material should be disposed of in accordance with local requirements.

7 MARKETING AUTHORISATION HOLDER

GlaxoSmithKline Consumer Healthcare, Israel Ltd.
P.O.B 3256, Petach Tikva, 4900202

8 MANUFACTURER

GlaxoSmithKline Consumer Healthcare, Switzerland AG
6343 Risch, Switzerland

9 MARKETING AUTHORISATION NUMBER

108-89-29108-00

10 DATE OF REVISION OF THE TEXT

The content of this leaflet was revised in January 2022 according to MOH guidelines.