

NASACORT® AQ NASAL SPRAY

Triamcinolone acetonide (55micrograms / dose)

What is in this leaflet

1. What Nasacort is used for
2. How Nasacort works
3. Before you use Nasacort
4. How to use Nasacort
5. While you are using it
6. Side effects
7. Storage and Disposal of Nasacort
8. Product Description
9. Manufacturer and product
Registration Holder
10. Date of revision

What Nasacort is used for

Nasal symptoms of allergy include sneezing, itching and having a blocked, stuffy or runny nose. These can be caused by things such as:

- Animal fur or house dust mites. This type of allergy can happen at any time of the year and is called perennial allergic rhinitis
- Pollen. This type of allergy, such as hay fever, can be caused by different pollens in different seasons of the year. This is called seasonal allergic rhinitis.

How Nasacort works

Nasacort contains a medicine called triamcinolone acetonide. This belongs to a group of medicine called corticosteroids which means it is a type of steroid. It is given as a spray in the nose to treat the nasal symptoms of allergic rhinitis in adults and children 2 years of age and over.

Before you use Nasacort

- When you must not use it

Do not use Nasacort if:

- You are allergic (hypersensitive) to triamcinolone acetonide or any of the other ingredients of Nasacort (listed in ingredients below)
- You have signs of an allergic include: a rash (hives), itching, swallowing or breathing problems, swelling of your lips, face, throat or tongue.

- Before you start to use it

Check with your doctor or pharmacist before using Nasacort if:

- You have an infection of the nose or throat that is not treated. If you get

fungal infection while using Nasacort, stop using the spray until the infection has been treated.

- You have recently had a nose operation, or had an injury or ulcer in the nose.
- You are being transferred from steroid injections or tablets to Nasacort sprays.
- You have had any eye conditions such as glaucoma or cataracts. Contact your doctor if you experience blurred vision or other visual disturbances.

Children (under 2 years)

This medicine is not recommended for use in children under 2 years of age.

Operations or times of stress

Your doctor may advise you to take a higher than normal dose of this medicine for medical reasons. If your dose is increased, tell your doctor if you are going to have an operation or are feeling unwell. This is because higher than normal doses of this medicine can lower your body's ability to heal or cope with stress. If this happens, your doctor may decide you need further treatment with another medicine to help.

- Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken or might take any other medicines, including medicines obtained without a prescription. This is because Nasacort can affect the way some other medicines work. Also some medicines can affect the way Nasacort works.

Some medicines may increase the effects of Nasacort and your doctor may wish to monitor you carefully if you are taking these medicines (including some medicines for HIV: ritonavir, cobicistat).

Pregnancy and breast-feeding and fertility

Tell your doctor immediately if you are pregnant or breast-feeding, think you may be pregnant or are planning to have

a baby, ask your doctor or pharmacist for advice before taking this medicine.

How to use Nasacort

Always use Nasacort exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure. The medicine only works if it is used regularly. It can take 3 to 4 days before you notice your symptoms getting better.

How to use the spray

Before using your nasal spray, blow your nose gently to clear your nostrils.

1. Preparing the bottle

- Remove the blue cover by pulling upwards
- Always shake the bottle gently before use

2. If you are using the spray for the first time

- Hold the bottle upright
- Point the spray away from you while doing this
- Fill the pump with spray by pressing the nozzle downwards
- Press and release it 5 times
- Do this until a fine spray is produced
- The spray is now ready to use

3. Using the spray

- Close one nostril with your finger
- Hold the bottle upright and put the nozzle into the other nostril as far as is comfortable
- Breathe in gently through your nose with your mouth closed
- While you are doing this, press the nozzle to deliver one spray

4. Then breathe out through your mouth

5. Repeat steps 3 and 4 if you have to spray again in the same nostril and for the other nostril

6. After using the spray

- To keep the spray nozzle clean, wipe it carefully with a clean tissue or handkerchief after each use
- Replace the blue cover over the nozzle

NASACORT® AQ NASAL SPRAY

Triamcinolone acetonide (55micrograms / dose)

- If the nasal spray has not been used for 2 weeks It needs to be primed again, to fill the nozzle with the spray
 - The nozzle should be pointed away from you while you are doing this
 - To prime, spray into the air once before use
 - Always shake the bottle gently before use

Cleaning the spray

If the spray does not work, the nozzle may be blocked. Never try to unblock it or enlarge the tiny spray hole with a pin or other sharp objects. This is because it can stop the spray from working.

The nasal spray should be cleaned at least once a week. It can be cleaned more often if it gets blocked.

Instructions for cleaning the spray:

1. Remove the blue cover
2. Gently pull off the spray nozzle only
3. Soak the blue cover and spray nozzle in warm water for a few minutes
4. Rinse under the cold running tap water
5. Shake or tap to remove any water that is left
6. Allow to dry in the air
7. Re-fit the spray nozzle
8. Prime the nasal spray until a fine mist is formed
9. Use as normal

- How much to use

Adults and children (12 years and older)

- The usual starting dose is 2 sprays in each nostril each day
- Once the symptoms of allergy are under control, the dose may be lowered to 1 spray in each nostril each day

Children (6 to 12 years)

- The usual dose is 1 spray in each nostril each day
- If the symptoms do not go away, then the dose may be increased to 2 sprays in each nostril each day
- The dose can then be lowered again to 1 spray in each nostril each day once symptoms are controlled

Children (2 to 5 years)

- The recommended and maximum dose is 1 spray in each nostril each day

Nasacort is not recommended for use in children below 2 years of age.

Do not use Nasacort for more than 3 months in children under 12 years old. An adult should help a young child use this medicine.

- When to use it

Use Nasacort at about the same time each day unless your doctor tells you otherwise.

- How long to use it

Continue using your medicine for as long as your doctor tells you.

- If you forget to use it

If you have forgotten to use Nasacort, use it as soon as you remember. Do not use a double dose to make up for a forgotten dose.

- If you use too much (overdose)

An overdose is unlikely to cause problem, however, if you have taken the entire contents of the bottle by mouth you may have stomach or gut discomfort. Talk to a doctor if you use more Nasacort than you should.

While you are using it

- Things you must do

- Tell all the doctors, dentists and pharmacists who are treating you that you are using Nasacort.
- If you are about to be started on any new medicine, tell your doctor and pharmacist that you are using Nasacort.

- Things you must not do

- Do not give this medicine to anyone else, even if they have the same condition as you.
- Do not use this medicine to treat any other complaints unless your doctor tells you to.

- Do not stop using Nasacort, or change the dosage, without checking with your doctor.

- Things to be careful of

Driving and using machines

Nasacort has no or negligible influence on the ability to drive or use machines.

Important information about some of the ingredients of Nasacort

Nasacort contains benzalkonium chloride which is an irritant and may cause skin reactions.

Side Effect

Like all medicines, Nasacort can cause side effects, although not everyone gets them.

Do not be alarmed by this list of possible side effects.

You may not experience any of them. Stop using Nasacort and see a doctor or go to a hospital straight away if:

- You have an allergic reaction to Nasacort. The signs may include: a rash (hives), itching, swallowing or breathing problems, swelling of your lips, face, throat or tongue.

Tell your doctor immediately

Common side effects (affects 1 to 10 people)

- Runny nose, headache and sore throat and/or cough
- Nosebleeds
- Inflammation/Irritation of the airways (bronchitis)
- Heartburn or indigestion
- Flu-like symptoms (fever, muscle pain, weakness and/or fatigue)
- Problems with teeth

Other side effects

(Not known: frequency cannot be estimated from the available data)

- Irritation and dryness on the inside of your nose
- Sinuses becomes congested or blocked
- Sneezing
- Changes in the way things taste or smell

NASACORT® AQ NASAL SPRAY

Triamcinolone acetonide (55micrograms / dose)

- Feeling sick (nausea)
- Sleeping problems, feeling dizzy or tired
- Shortness of breath
- A decrease in the levels of cortisol in the blood
- Cloudiness of the lens in the eye (cataract), elevated pressure inside the eyeball (glaucoma)
- Blurred vision

In some people, Nasacort can cause damage to the middle part of the inside of the nose (called 'nasal septum'). Discuss any worries you may have about this with your doctor or pharmacist.

Additional side effects in Children If your child has been using this medicine, it can affect how fast your child grows. This means that your doctor will need to regularly check your child's height and therefore your doctor may lower the dose. In addition, your doctor may consider referring your child to a paediatric specialist.

Reporting of side effects

Other side effects not listed above may occur in some people.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers -> Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of Nasacort

If you have any queries about any aspect of your medicine, or any questions regarding the information in this leaflet, discuss them with your doctor or pharmacist.

- Storage

- Keep this medicine in a safe place where children cannot see or reach it.
- Do not use Nasacort after the expiry date which is stated on the label and carton. The expiry date refers to the last day of that month.
- Do not store above 30°C.

- Bottle should be discarded within one month (30 sprays) or two months (120 sprays) following the first opening Nasacort.

- Disposal

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.

Product Description

- What it looks like

Nasacort is a nasal spray containing off white suspension. It comes in a white plastic bottle which has a pump to spray Nasacort into your nostril through the spray nozzle. The bottle has a protective cap to keep the nozzle clean and to stop it from spraying accidentally.

One spray bottle holds either 6.5g or 16.5g of suspension, providing 30 or 120 sprays respectively.

- Ingredients:

- The active ingredient is triamcinolone acetonide. Each spray delivers 55 micrograms of triamcinolone acetonide.
- The inactive ingredients are microcrystalline cellulose, carmellose sodium, polysorbate 80, purified water, dextrose anhydrous, benzalkonium chloride, edetate disodium and hydrochloride acid or sodium hydroxide (for pH adjustment).

- MAL Numbers:

Nasacort Nasal Spray Suspension
MAL19988441ACZ

Manufacturer

Recipharm HC Limited
72, London Road, Holmes Chapel
Crewe, CW4 8BE United Kingdom.

Product Registration Holder

DKSH Malaysia Sdn Bhd
B-11-01, The Ascent, Paradigm,
No. 1, Jalan SS7/26A, Kelana Jaya,
47301 Petaling Jaya, Selangor Darul
Ehsan, Malaysia

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