

Package leaflet: Information for the user  
**Nasofan® aqueous 50 micrograms nasal spray**  
(fluticasone propionate)

**Read all of this leaflet carefully before you start using this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

The name of your medicine is Nasofan aqueous 50 micrograms nasal spray but will be referred to as Nasofan throughout this leaflet.

### What is in this leaflet

1. What Nasofan is and what it is used for
2. What you need to know before you use Nasofan
3. How to use Nasofan
4. Possible side effects
5. How to store Nasofan
6. Contents of the pack and other information

## 1 What Nasofan is and what it is used for

Nasofan contains 50 micrograms of the active ingredient, fluticasone propionate, in each spray. Fluticasone propionate is one of a group of medicines known as corticosteroids.

Nasofan has anti-inflammatory properties. When sprayed into your nose it will reduce swelling and irritation. It is used to prevent and treat seasonal allergic rhinitis (e.g. hayfever) and perennial rhinitis (e.g. blocked or runny nose and sneezing and itching caused by house dust mites or animals such as cats and dogs). It can be used by adults and children aged 4 years and older.

## 2 What you need to know before you use Nasofan

### Do not use Nasofan

- if you are allergic to fluticasone propionate or any of the other ingredients of this medicine (listed in section 6).

### Warnings and precautions

Talk to your doctor or pharmacist before using Nasofan:

- if you have ever had an operation to your nose.
- if you are suffering or have recently suffered from an infection of the nasal airways.
- if you are suffering or have recently suffered from any type of untreated infection or from tuberculosis or ocular herpes.
- if you have recently been treated with injected steroids, or you have been taking oral steroids for a long time.

Nasofan may decrease your own hormone production, especially if larger doses than recommended are used over a longer period of time. In this case, your doctor may need to give you extra medicine with adrenal hormone for extreme stress, after serious injuries or before surgery.

Nasofan will usually control seasonally allergy rhinitis (hay fever) however if you are exposed to excessive amounts of pollen additional therapy may be helpful for controlling other symptoms such as itching eyes. Please consult your doctor in such an event.

Contact your doctor if you experience blurred vision or other visual disturbances.

### Children and adolescents

Nasofan may have potential systemic effects which may include growth retardation in children and adolescents and more rarely, a range of psychological or behavioural effects including psychomotor hyperactivity, sleep disorders, anxiety, depression or aggression (particularly in children).

### Other medicines and Nasofan

Please tell your doctor if you are taking or have recently taken or might take any other medicines, including medicines obtained without a prescription.

Some medicines can interfere with Nasofan, in particular tell your doctor or pharmacist if you are taking:

- Any medicines used in the treatment of fungal infections (e.g. ketoconazole)
- Some medicines may increase the effects of Nasofan 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

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.

### Driving and using machines

The medicinal product has no or negligible influence on the ability to drive and use machines.

### Nasofan contains benzalkonium chloride solution

This medicine contains 40 micrograms benzalkonium chloride solution in each delivered dose.

Benzalkonium chloride may cause irritation or swelling inside the nose, especially if used for a long time.

## 3 How to use Nasofan

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

### The recommended dose is

#### Adults (including the elderly) and children aged 12 years and older

When you first start using Nasofan you normally take two sprays in each nostril once a day, preferably in the morning. Your doctor may increase this to a **maximum** of two sprays into each nostril twice a day.

Once your symptoms are under control your doctor may reduce your dose to one spray into each nostril once a day. If the use of such a reduced dose signals a worsening in your symptoms, your dose may be increased back to the starting dose.

#### Children aged 4 to 11 years

For children aged between 4-11 years old the dose is normally one spray in each nostril once a day, preferably in the morning. Your doctor may increase this to a **maximum** of one spray into each nostril twice a day.

#### This product is not suitable for children under 4 years old.

Your doctor will prescribe the lowest dose of Nasofan capable of effectively controlling your symptoms.

It may take a few days for this medicine to work. Do not stop using your medicine unless you are told to by a doctor.

You must not take a larger dose, or use your Nasofan more often, than is prescribed by your doctor. It is important not to use more of your medicine than your doctor has told you to.

If your eyes remain itchy or watery as a result of hayfever despite using this medicine tell your doctor. He/she may be able to give you another medicine to treat your eye symptoms.

### Before you use your nasal spray

Your Nasofan has a dust cap that protects the nozzle and keeps it clean - this must be taken off prior to using the spray and then replaced after use.

When your Nasofan is new, the bottle must be primed as follows:

1. Shake the bottle gently and then remove the dust cap.
2. Hold the bottle upright with your thumb under the bottle and your index finger and middle finger on either side of the nozzle. Ensure that the nozzle is pointing away from you when you do this.
3. Press down with fingers in order to pump the spray (Figure 1).
4. Repeat steps 2 and 3 until a further five times - the bottle is now primed.

If you have not used your Nasofan for 7 days prime until a fine mist is produced.

If after attempting to prime the bottle the spray still does not work and you think it may be blocked you may clean the spray using the following procedure:



Figure 1

### Cleaning your nasal spray

1. Remove the dust cap (Figure 2) and pull the white collar upwards to remove the nozzle (Figure 3).

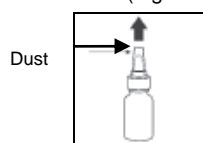


Figure 2

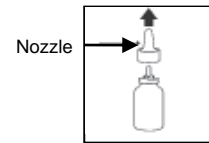


Figure 3

2. Place the nozzle and dust cap in warm water and soak for a few minutes, and then rinse by placing under a running tap (Figures 4 and 5).

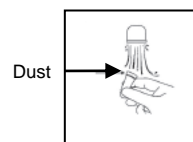


Figure 4

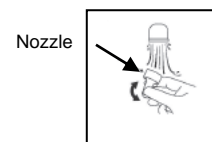


Figure 5

- Shake off the excess water and allow the nozzle and dust cap to dry in a warm (not hot) place.
- Push the nozzle back onto the bottle (Figure 6).

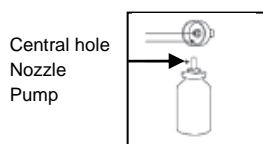


Figure 6

- 'Prime' the bottle as necessary by pumping the spray a few times until a fine mist is produced.
- You should clean your nasal spray at least once a week to stop it from getting blocked up. Additional cleaning is required when your spray becomes blocked.
  - You must NEVER attempt to unblock or enlarge the spray hole with a pin or other sharp object because this will destroy the spray mechanism.

#### Using your nasal spray

- Shake the bottle and remove the dust cap.
- Gently blow your nose.
- Close one nostril by pressing your finger against it and place the nozzle of the spray in your other nostril (Figure 7). Tilt your head forward slightly so that the bottle is kept upright.
- Breathe in slowly through your open nostril and, at the same time, press the collar of the nozzle down firmly with your fingers to squirt a spray of fine mist into your nostril (Figure 8).
- Breathe out through your mouth. Repeat step 4 to take a second spray into the same nostril.
- Remove the nozzle from this nostril and breathe out through your mouth.
- Repeat steps 3 to 6 with your other nostril (Figure 9).



Figure 7



Figure 8



Figure 9

#### After using your nasal spray

- Wipe the nozzle carefully with a clean tissue and put the dust cap back on.

#### If you use more Nasofan than you should

It is important that you take your dose as stated on the pharmacist's label or as advised by your doctor. You should use only as much as your doctor recommends; using more or less may make your symptoms worse.

If you accidentally use more Nasofan than you were told to use please inform your doctor.

Take this leaflet, and your Nasofan, to show the doctor.

#### If you forget to use Nasofan

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose at the right time, take it as soon as you remember. If it is almost time to take the next dose, wait until then and then carry on as before.

#### If you stop using Nasofan

Your nose symptoms may only start to improve after you have been using your medicine for a few days – therefore it is very important that you use your medicine regularly as prescribed, and that you keep using your medicine unless your doctor tells you to stop, even if you feel better.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

## 4 Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you are using high doses of Nasofan you may require extra steroids in times of extreme stress, or during admission to hospital after a serious accident or injury, or before a surgical operation. Treatment with nasal corticosteroids may affect the production of steroids in the body. The likelihood of such an incidence is increased by use of a high dose over a long period of time. Your doctor will help prevent this happening by prescribing the lowest dose of steroid capable of adequately controlling your symptoms.

**Some side effects are more serious than others and if you should experience any of the following events you should discontinue taking Nasofan and consult with your doctor as soon as possible:**

- severe allergic reaction giving rise to the sudden onset of a rash, swelling (usually of the tongue, face or lips) or difficulty in breathing.
- bronchospasm (the narrowing of the airways in the lungs with the signs of very wheezy or laboured breathing and coughing).
- sudden drowsiness or dizziness (resulting in fainting or loss of consciousness).

#### Other side effects

Very common: may affect more than 1 in 10 people

- epistaxis (nose bleeds).

Common: may affect up to 1 in 10 people

- headache
- unpleasant taste in the mouth or an unpleasant smell in the nose
- dryness and irritation of the throat and nasal passages and sneezing.

Very rare: may affect up to 1 in 10,000 people

- glaucoma (raised pressure in the eye) and cataracts (clouding of the lens in the eye) have been reported following prolonged treatment
- perforation of the nasal septum (the dividing partition in the nose) and ulceration to the nose's mucus membranes - although these usually impact on patients who have had previous surgery to the nose.

Not known: frequency cannot be estimated from available data

- blurred vision
- ulcers in the nose.

#### Additional side effects in children and adolescents

Children may grow more slowly than others, and therefore children receiving treatment with nasal corticosteroids over a long period of time will have their height checked regularly by their doctor. Your doctor will help prevent this happening by prescribing the lowest dose of steroid capable of adequately controlling the symptoms.

#### Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the [Google Play](#) or [Apple App Store](#).

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

## 5 How to store Nasofan

- Keep out of the sight and reach of children.
- Do not store above 25°C.
- Do not use the nasal spray after the expiry date which is stated on the carton and bottle label after 'Exp'. The expiry date refers to the last day of that month.
- If the spray shows any signs of damage, seek the advice of your pharmacist.
- Remember if your doctor tells you to stop taking this medicine, return any unused medicine to your pharmacist for safe disposal. Only keep this medicine if your doctor tells you to.
- 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 Contents of the pack and other information

#### What Nasofan contains

Each metered spray contains 50 micrograms fluticasone propionate. The other ingredients are glucose (anhydrous), microcrystalline cellulose, carmellose sodium, phenylethyl alcohol, benzalkonium chloride (40 micrograms per delivered dose), polysorbate 80, purified water.

#### What Nasofan looks like and the contents of the pack

Nasofan is a white, opaque aqueous suspension contained within an amber glass multidose bottle fitted with a metering pump.

Nasofan delivers 150 sprays.

**Manufactured by:** Teva Czech Industries sro, Ostravska 29, 747 70 Opava - Komarov, Czech Republic.

**Procured from within the EU and repackaged by the Product Licence holder:** B&S Healthcare, Unit 4, Bradfield Road, Ruislip, Middlesex, HA4 0NU, UK.

**Nasofan® aqueous 50 micrograms nasal spray; PL 18799/2909**

Leaflet date: 27.03.2025

**POM**

Nasofan is the registered trademark of NORTON HEALTHCARE LIMITED.

**Blind or partially sighted?**

**Is this leaflet hard to see or read?**

**Call 0208 515 3763 to obtain the leaflet in a format suitable for you.**

## Fluticasone propionate 50 micrograms nasal spray

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- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

The name of your medicine is Fluticasone Propionate aqueous 50 micrograms nasal spray but will be referred to as Fluticasone Propionate throughout this leaflet.

### What is in this leaflet

1. What Fluticasone Propionate is and what it is used for
2. What you need to know before you use Fluticasone Propionate
3. How to use Fluticasone Propionate
4. Possible side effects
5. How to store Fluticasone Propionate
6. Contents of the pack and other information

#### 1 What Fluticasone Propionate is and what it is used for

Fluticasone Propionate contains 50 micrograms of the active ingredient, fluticasone propionate, in each spray. Fluticasone propionate is one of a group of medicines known as corticosteroids. Fluticasone Propionate has anti-inflammatory properties. When sprayed into your nose it will reduce swelling and irritation. It is used to prevent and treat seasonal allergic rhinitis (e.g. hayfever) and perennial rhinitis (e.g. blocked or runny nose and sneezing and itching caused by house dust mites or animals such as cats and dogs). It can be used by adults and children aged 4 years and older.

#### 2 What you need to know before you use Fluticasone Propionate

##### Do not use Fluticasone Propionate

- if you are allergic to fluticasone propionate or any of the other ingredients of this medicine (listed in section 6).

##### Warnings and precautions

Talk to your doctor or pharmacist before using Fluticasone Propionate:

- if you have ever had an operation to your nose.
- if you are suffering or have recently suffered from an infection of the nasal airways.
- if you are suffering or have recently suffered from any type of untreated infection or from tuberculosis or ocular herpes.
- if you have recently been treated with injected steroids, or you have been taking oral steroids for a long time.

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Fluticasone Propionate will usually control seasonally allergy rhinitis (hay fever) however if you are exposed to excessive amounts of pollen additional therapy may be helpful for controlling other symptoms such as itching eyes. Please consult your doctor in such an event.

Contact your doctor if you experience blurred vision or other visual disturbances.

##### Children and adolescents

Fluticasone Propionate may have potential systemic effects which may include growth retardation in children and adolescents and more rarely, a range of psychological or behavioural effects including psychomotor hyperactivity, sleep disorders, anxiety, depression or aggression (particularly in children).

##### Other medicines and Fluticasone Propionate

Please tell your doctor if you are taking or have recently taken or might take any other medicines, including medicines obtained without a prescription.

Some medicines can interfere with Fluticasone Propionate, in particular tell your doctor or pharmacist if you are taking:

- Any medicines used in the treatment of fungal infections (e.g. ketoconazole)
- Some medicines may increase the effects of Fluticasone Propionate 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

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.

##### Driving and using machines

The medicinal product has no or negligible influence on the ability to drive and use machines.

##### Fluticasone Propionate contains benzalkonium chloride solution

This medicine contains 40 micrograms benzalkonium chloride solution in each delivered dose.

Benzalkonium chloride may cause irritation or swelling inside the nose, especially if used for a long time.

### 3 How to use Fluticasone Propionate

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

##### The recommended dose is

##### Adults (including the elderly) and children aged 12 years and older

When you first start using Fluticasone Propionate you normally take two sprays in each nostril once a day, preferably in the morning. Your doctor may increase this to a **maximum** of two sprays into each nostril twice a day.

Once your symptoms are under control your doctor may reduce your dose to one spray into each nostril once a day. If the use of such a reduced dose signals a worsening in your symptoms, your dose may be increased back to the starting dose.

##### Children aged 4 to 11 years

For children aged between 4-11 years old the dose is normally one spray in each nostril once a day, preferably in the morning. Your doctor may increase this to a **maximum** of one spray into each nostril twice a day.

##### This product is not suitable for children under 4 years old.

Your doctor will prescribe the lowest dose of Fluticasone Propionate capable of effectively controlling your symptoms.

It may take a few days for this medicine to work. Do not stop using your medicine unless you are told to by a doctor.

You must not take a larger dose, or use your Fluticasone Propionate more often, than is prescribed by your doctor. It is important not to use more of your medicine than your doctor has told you to.

If your eyes remain itchy or watery as a result of hayfever despite using this medicine tell your doctor. He/she may be able to give you another medicine to treat your eye symptoms.

##### Before you use your nasal spray

Your Fluticasone Propionate has a dust cap that protects the nozzle and keeps it clean - this must be taken off prior to using the spray and then replaced after use.

When your Fluticasone Propionate is new, the bottle must be primed as follows:

1. Shake the bottle gently and then remove the dust cap.
2. Hold the bottle upright with your thumb under the bottle and your index finger and middle finger on either side of the nozzle. Ensure that the nozzle is pointing away from you when you do this.
3. Press down with fingers in order to pump the spray
4. Repeat steps 2 and 3 until a further five times - the bottle is now primed.

If you have not used your Fluticasone Propionate for 7 days prime until a fine mist is produced.

If after attempting to prime the bottle the spray still does not work and you think it may be blocked you may clean the spray using the following procedure:

##### Cleaning your nasal spray

1. Remove the dust cap (Figure 2) and pull the white collar upwards to remove the nozzle (Figure 3).

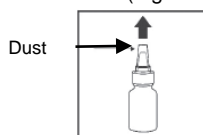


Figure 2

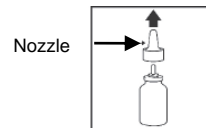


Figure 3

2. Place the nozzle and dust cap in warm water and soak for a few minutes, and then rinse by placing under a running tap (Figures 4 and 5).

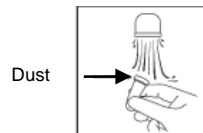


Figure 4

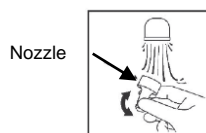


Figure 5



Figure 1

- Shake off the excess water and allow the nozzle and dust cap to dry in a warm (not hot) place.
- Push the nozzle back onto the bottle (Figure 6).

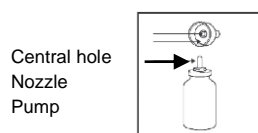


Figure 6

- 'Prime' the bottle as necessary by pumping the spray a few times until a fine mist is produced.
- You should clean your nasal spray at least once a week to stop it from getting blocked up. Additional cleaning is required when your spray becomes blocked.
  - You must NEVER attempt to unblock or enlarge the spray hole with a pin or other sharp object because this will destroy the spray mechanism.

#### Using your nasal spray

- Shake the bottle and remove the dust cap.
- Gently blow your nose.
- Close one nostril by pressing your finger against it and place the nozzle of the spray in your other nostril (Figure 7). Tilt your head forward slightly so that the bottle is kept upright.
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- Breathe out through your mouth. Repeat step 4 to take a second spray into the same nostril.
- Remove the nozzle from this nostril and breathe out through your mouth. Repeat steps 3 to 6 with your other nostril (Figure 9).



Figure 7



Figure 8



Figure 9

#### After using your nasal spray

- Wipe the nozzle carefully with a clean tissue and put the dust cap back on.

#### If you use more Fluticasone Propionate than you should

It is important that you take your dose as stated on the pharmacist's label or as advised by your doctor. You should use only as much as your doctor recommends; using more or less may make your symptoms worse.

If you accidentally use more Fluticasone Propionate than you were told to use please inform your doctor.

Take this leaflet, and your Fluticasone Propionate, to show the doctor.

#### If you forget to use Fluticasone Propionate

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose at the right time, take it as soon as you remember. If it is almost time to take the next dose, wait until then and then carry on as before.

#### If you stop using Fluticasone Propionate

Your nose symptoms may only start to improve after you have been using your medicine for a few days – therefore it is very important that you use your medicine regularly as prescribed, and that you keep using your medicine unless your doctor tells you to stop, even if you feel better.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

## 4 Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you are using high doses of Fluticasone Propionate you may require extra steroids in times of extreme stress, or during admission to hospital after a serious accident or injury, or before a surgical operation. Treatment with nasal corticosteroids may affect the production of steroids in the body. The likelihood of such an incidence is increased by use of a high dose over a long period of time. Your doctor will help prevent this happening by prescribing the lowest dose of steroid capable of adequately controlling your symptoms.

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- severe allergic reaction giving rise to the sudden onset of a rash, swelling (usually of the tongue, face or lips) or difficulty in breathing.
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#### Other side effects

Very common: may affect more than 1 in 10 people

- epistaxis (nose bleeds).

Common: may affect up to 1 in 10 people

- headache
- unpleasant taste in the mouth or an unpleasant smell in the nose
- dryness and irritation of the throat and nasal passages and sneezing.

Very rare: may affect up to 1 in 10,000 people

- glaucoma (raised pressure in the eye) and cataracts (clouding of the lens in the eye) have been reported following prolonged treatment
- perforation of the nasal septum (the dividing partition in the nose) and ulceration to the nose's mucus membranes - although these usually impact on patients who have had previous surgery to the nose.

Not known: frequency cannot be estimated from available data

- blurred vision
- ulcers in the nose.

#### Additional side effects in children and adolescents

Children may grow more slowly than others, and therefore children receiving treatment with nasal corticosteroids over a long period of time will have their height checked regularly by their doctor. Your doctor will help prevent this happening by prescribing the lowest dose of steroid capable of adequately controlling the symptoms.

#### Reporting of side effects

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

## 5 How to store Fluticasone propionate

- Keep out of the sight and reach of children.
- Do not store above 25°C.
- Do not use the nasal spray after the expiry date which is stated on the carton and bottle label after 'Exp'. The expiry date refers to the last day of that month.
- If the spray shows any signs of damage, seek the advice of your pharmacist.
- Remember if your doctor tells you to stop taking this medicine, return any unused medicine to your pharmacist for safe disposal. Only keep this medicine if your doctor tells you to.

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 Contents of the pack and other information

#### What Fluticasone propionate contains

Each metered spray contains 50 micrograms fluticasone propionate. The other ingredients are glucose (anhydrous), microcrystalline cellulose, carmellose sodium, phenylethyl alcohol, benzalkonium chloride (40 micrograms per delivered dose), polysorbate 80, purified water.

#### What Fluticasone propionate looks like and the contents of the pack

Fluticasone propionate is a white, opaque aqueous suspension contained within an amber glass multidose bottle fitted with a metering pump.

Fluticasone propionate delivers 150 sprays.

**Manufactured by:** Teva Czech Industries sro, Ostravska 29, 747 70 Opava - Komarov, Czech Republic.

**Procured from within the EU and repackaged by the Product Licence holder:** B&S Healthcare, Unit 4, Bradfield Road, Ruislip, Middlesex, HA4 0NU, UK.

**Fluticasone propionate 50 micrograms nasal spray;**  
**PL 18799/2909**

Leaflet date: 31.03.2025

**POM**

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## Fluticasone propionate 50 micrograms nasal spray

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Fluticasone Propionate contains 50 micrograms of the active ingredient, fluticasone propionate, in each spray. Fluticasone propionate is one of a group of medicines known as corticosteroids. Fluticasone Propionate has anti-inflammatory properties. When sprayed into your nose it will reduce swelling and irritation. It is used to prevent and treat seasonal allergic rhinitis (e.g. hayfever) and perennial rhinitis (e.g. blocked or runny nose and sneezing and itching caused by house dust mites or animals such as cats and dogs). It can be used by adults and children aged 4 years and older.

### 2 What you need to know before you use Fluticasone Propionate

#### Do not use Fluticasone Propionate

- if you are allergic to fluticasone propionate or any of the other ingredients of this medicine (listed in section 6).

#### Warnings and precautions

Talk to your doctor or pharmacist before using Fluticasone Propionate:

- if you have ever had an operation to your nose.
- if you are suffering or have recently suffered from an infection of the nasal airways.
- if you are suffering or have recently suffered from any type of untreated infection or from tuberculosis or ocular herpes.
- if you have recently been treated with injected steroids, or you have been taking oral steroids for a long time.

Fluticasone Propionate may decrease your own hormone production, especially if larger doses than recommended are used over a longer period of time. In this case, your doctor may need to give you extra medicine with adrenal hormone for extreme stress, after serious injuries or before surgery.

Fluticasone Propionate will usually control seasonally allergy rhinitis (hay fever) however if you are exposed to excessive amounts of pollen additional therapy may be helpful for controlling other symptoms such as itching eyes. Please consult your doctor in such an event.

Contact your doctor if you experience blurred vision or other visual disturbances.

#### Children and adolescents

Fluticasone Propionate may have potential systemic effects which may include growth retardation in children and adolescents and more rarely, a range of psychological or behavioural effects including psychomotor hyperactivity, sleep disorders, anxiety, depression or aggression (particularly in children).

#### Other medicines and Fluticasone Propionate

Please tell your doctor if you are taking or have recently taken or might take any other medicines, including medicines obtained without a prescription.

Some medicines can interfere with Fluticasone Propionate, in particular tell your doctor or pharmacist if you are taking:

- Any medicines used in the treatment of fungal infections (e.g. ketoconazole)
- Some medicines may increase the effects of Fluticasone Propionate 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

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.

#### Driving and using machines

The medicinal product has no or negligible influence on the ability to drive and use machines.

#### Fluticasone Propionate contains benzalkonium chloride solution

This medicine contains 40 micrograms benzalkonium chloride solution in each delivered dose.

Benzalkonium chloride may cause irritation or swelling inside the nose, especially if used for a long time.

### 3 How to use Fluticasone Propionate

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

#### The recommended dose is

##### Adults (including the elderly) and children aged 12 years and older

When you first start using Fluticasone Propionate you normally take two sprays in each nostril once a day, preferably in the morning. Your doctor may increase this to a **maximum** of two sprays into each nostril twice a day.

Once your symptoms are under control your doctor may reduce your dose to one spray into each nostril once a day. If the use of such a reduced dose signals a worsening in your symptoms, your dose may be increased back to the starting dose.

##### Children aged 4 to 11 years

For children aged between 4-11 years old the dose is normally one spray in each nostril once a day, preferably in the morning. Your doctor may increase this to a **maximum** of one spray into each nostril twice a day.

##### This product is not suitable for children under 4 years old.

Your doctor will prescribe the lowest dose of Fluticasone Propionate capable of effectively controlling your symptoms.

It may take a few days for this medicine to work. Do not stop using your medicine unless you are told to by a doctor.

You must not take a larger dose, or use your Fluticasone Propionate more often, than is prescribed by your doctor. It is important not to use more of your medicine than your doctor has told you to.

If your eyes remain itchy or watery as a result of hayfever despite using this medicine tell your doctor. He/she may be able to give you another medicine to treat your eye symptoms.

#### Before you use your nasal spray

Your Fluticasone Propionate has a dust cap that protects the nozzle and keeps it clean - this must be taken off prior to using the spray and then replaced after use.

When your Fluticasone Propionate is new, the bottle must be primed as follows:

1. Shake the bottle gently and then remove the dust cap.
2. Hold the bottle upright with your thumb under the bottle and your index finger and middle finger on either side of the nozzle. Ensure that the nozzle is pointing away from you when you do this.
3. Press down with fingers in order to pump the spray
4. Repeat steps 2 and 3 until a further five times - the bottle is now primed.

If you have not used your Fluticasone Propionate for 7 days prime until a fine mist is produced.

If after attempting to prime the bottle the spray still does not work and you think it may be blocked you may clean the spray using the following procedure:

#### Cleaning your nasal spray

1. Remove the dust cap (Figure 2) and pull the white collar upwards to remove the nozzle (Figure 3).

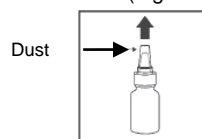


Figure 2

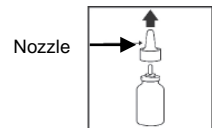


Figure 3

2. Place the nozzle and dust cap in warm water and soak for a few minutes, and then rinse by placing under a running tap (Figures 4 and 5).

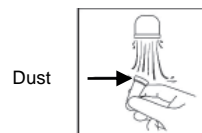


Figure 4

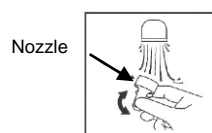


Figure 5



Figure 1

- Shake off the excess water and allow the nozzle and dust cap to dry in a warm (not hot) place.
- Push the nozzle back onto the bottle (Figure 6).

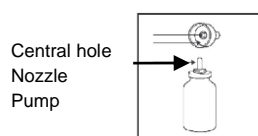


Figure 6

- 'Prime' the bottle as necessary by pumping the spray a few times until a fine mist is produced.
  - You should clean your nasal spray at least once a week to stop it from getting blocked up. Additional cleaning is required when your spray becomes blocked.
  - You must NEVER attempt to unblock or enlarge the spray hole with a pin or other sharp object because this will destroy the spray mechanism.

#### Using your nasal spray

- Shake the bottle and remove the dust cap.
- Gently blow your nose.
- Close one nostril by pressing your finger against it and place the nozzle of the spray in your other nostril (Figure 7). Tilt your head forward slightly so that the bottle is kept upright.
- Breathe in slowly through your open nostril and, at the same time, press the collar of the nozzle down firmly with your fingers to squirt a spray of fine mist into your nostril (Figure 8).
- Breathe out through your mouth. Repeat step 4 to take a second spray into the same nostril.
- Remove the nozzle from this nostril and breathe out through your mouth. Repeat steps 3 to 6 with your other nostril (Figure 9).



Figure 7



Figure 8



Figure 9

#### After using your nasal spray

- Wipe the nozzle carefully with a clean tissue and put the dust cap back on.

#### If you use more Fluticasone Propionate than you should

It is important that you take your dose as stated on the pharmacist's label or as advised by your doctor. You should use only as much as your doctor recommends; using more or less may make your symptoms worse.

If you accidentally use more Fluticasone Propionate than you were told to use please inform your doctor.

Take this leaflet, and your Fluticasone Propionate, to show the doctor.

#### If you forget to use Fluticasone Propionate

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose at the right time, take it as soon as you remember. If it is almost time to take the next dose, wait until then and then carry on as before.

#### If you stop using Fluticasone Propionate

Your nose symptoms may only start to improve after you have been using your medicine for a few days – therefore it is very important that you use your medicine regularly as prescribed, and that you keep using your medicine unless your doctor tells you to stop, even if you feel better.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

## 4 Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you are using high doses of Fluticasone Propionate you may require extra steroids in times of extreme stress, or during admission to hospital after a serious accident or injury, or before a surgical operation. Treatment with nasal corticosteroids may affect the production of steroids in the body. The likelihood of such an incidence is increased by use of a high dose over a long period of time. Your doctor will help prevent this happening by prescribing the lowest dose of steroid capable of adequately controlling your symptoms.

**Some side effects are more serious than others and if you should experience any of the following events you should discontinue taking Fluticasone Propionate and consult with your doctor as soon as possible:**

- severe allergic reaction giving rise to the sudden onset of a rash, swelling (usually of the tongue, face or lips) or difficulty in breathing.
- bronchospasm (the narrowing of the airways in the lungs with the signs of very wheezy or laboured breathing and coughing).
- sudden drowsiness or dizziness (resulting in fainting or loss of consciousness).

## Other side effects

Very common: may affect more than 1 in 10 people

- epistaxis (nose bleeds).

Common: may affect up to 1 in 10 people

- headache
- unpleasant taste in the mouth or an unpleasant smell in the nose
- dryness and irritation of the throat and nasal passages and sneezing.

Very rare: may affect up to 1 in 10,000 people

- glaucoma (raised pressure in the eye) and cataracts (clouding of the lens in the eye) have been reported following prolonged treatment
- perforation of the nasal septum (the dividing partition in the nose) and ulceration to the nose's mucus membranes - although these usually impact on patients who have had previous surgery to the nose.

Not known: frequency cannot be estimated from available data

- blurred vision
- ulcers in the nose.

## Additional side effects in children and adolescents

Children may grow more slowly than others, and therefore children receiving treatment with nasal corticosteroids over a long period of time will have their height checked regularly by their doctor. Your doctor will help prevent this happening by prescribing the lowest dose of steroid capable of adequately controlling the symptoms.

## Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the [Google Play](#) or [Apple App Store](#).

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

## 5 How to store Fluticasone propionate

- Keep out of the sight and reach of children.
- Do not store above 25°C.
- Do not use the nasal spray after the expiry date which is stated on the carton and bottle label after 'Exp'. The expiry date refers to the last day of that month.
- If the spray shows any signs of damage, seek the advice of your pharmacist.
- Remember if your doctor tells you to stop taking this medicine, return any unused medicine to your pharmacist for safe disposal. Only keep this medicine if your doctor tells you to.

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 Contents of the pack and other information

### What Fluticasone propionate contains

Each metered spray contains 50 micrograms fluticasone propionate. The other ingredients are glucose (anhydrous), microcrystalline cellulose, carmellose sodium, phenylethyl alcohol, benzalkonium chloride (40 micrograms per delivered dose), polysorbate 80, purified water.

### What Fluticasone propionate looks like and the contents of the pack

Fluticasone propionate is a white, opaque aqueous suspension contained within an amber glass multidose bottle fitted with a metering pump.

Fluticasone propionate delivers 150 sprays.

**Manufactured by:** Teva Czech Industries sro, Ostravska 29, 747 70 Opava - Komarov, Czech Republic.

**Procured from within the EU and repackaged by the Product Licence holder:** B&S Healthcare, Unit 4, Bradfield Road, Ruislip, Middlesex, HA4 0NU, UK.

**Fluticasone propionate 50 micrograms nasal spray;**  
**PL 18799/2909**

Leaflet date: 31.03.2025

**POM**

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