Package leaflet: Information for the user

Mometasone furoate 50 microgram/actuation nasal spray, suspension

mometasone furoate as monohydrate

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.

What is in this leaflet

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

1. What Mometasone furoate is and what it is used for

Mometasone furoate contains mometasone furoate, which belongs to a group of medicines called corticosteroids.

When mometasone furoate is sprayed into the nose, it can help to relieve inflammation (swelling and irritation of the nose), sneezing, itching and a blocked or runny nose.

Hay fever and perennial rhinitis

Mometasone furoate is used to treat the symptoms of hay fever (also called seasonal allergic rhinitis) and inflammation inside the nose caused by allergies (also called perennial rhinitis) in adults and children aged 3 years and older.

Hay fever, which occurs at certain times of the year, is an allergic reaction caused by breathing in pollen from trees, grasses, weeds, mould or fungal spores. Perennial rhinitis occurs throughout the year and its symptoms can be caused by sensitivity to a variety of things, including house-dust mites, animal hair (or dander), feathers and certain foods. Mometasone furoate reduces swelling and irritation of the nose and relieves the sneezing, itching and a blocked or runny nose caused by hay fever or perennial rhinitis.

Nasal polyps

Mometasone furoate is used to treat nasal polyps in adults aged 18 and older.

Nasal polyps are small growths on the lining of the nose and usually affect both nostrils. Mometasone furoate reduces the inflammation in the nose, causing the polyps to gradually shrink and relieving the nasal congestion that can make it difficult to breathe through your nose.

2. What you need to know before you use Mometasone furoate

Do not use Mometasone furoate:

- if you are allergic (hypersensitive) to mometasone furoate or any of the other ingredients of this medicine (listed in section 6).
- if you have an untreated nasal infection. Use of Mometasone furoate during an untreated nasal infection, such as herpes, can worsen the infection. You should wait until the infection is gone before you start using the nasal spray.
- if you have recently had surgery on your nose or injured your nose. You should not use the nasal spray until your nose has healed.

Warnings and precautions

Talk to your doctor or pharmacist before using Mometasone furoate.

- if you have or have ever had tuberculosis.
- if you have any other infections
- if you are taking other corticosteroid medicines, either by mouth or by injection.
- if you have cystic fibrosis.

As long as you are using Mometasone furoate, talk to your doctor

- if your immune system is weak (if you have difficulty fighting infections) and you come into contact with someone with measles or chickenpox. You should avoid being around anyone who has these infections.
- if you have an infection of the nose or throat.
- if you are using the medicine for several months or longer.
- if you have persistent irritation to the nose or throat.

When corticosteroid nasal sprays are used at high doses for a long time, you may experience side effect as a result of the drug being absorbed in your body.

If your eyes are itchy or irritated, your doctor may recommend other treatments in combination with Mometasone furoate.

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

Children

When used at high doses for a long time, corticosteroid nasal sprays may cause certain side effects, such as retarded growth in children.

The growth of children receiving long-term treatment with nasal corticosteroids should be monitored regularly and any changes should be reported to your doctor.

Other medicines and Mometasone furoate

Tell your doctor or pharmacist if you are using, have recently used or might use any other medicines, including over-the-counter medicines.

If you are taking other corticosteroids for allergies, either by mouth or injection, your doctor may advise you to stop taking those once you start using Mometasone furoate. Some people develop side effects, such as joint pain, muscle pain, weakness or depression, once they discontinue oral or injected corticosteroids. You may also feel like you are developing other allergy symptoms, such as itchy, watery eyes or patches of red, itchy skin. If you develop any of these side effects, you should contact your doctor.

Some medicines may increase the effects of Mometasone furoate and your doctor may want to monitor you closely if you are taking these medicines (including certain medicines for HIV: ritonavir, cobicistat).

Pregnancy and breast-feeding

There is little or no information about the use of Mometasone furoate in pregnant women. It is unknown if mometasone furoate is passed on in breast milk.

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

There is no known information on the effect of Mometasone furoate on the ability to drive or use machinery.

Mometasone furoate contains benzalkonium chloride

This medicine contains 2 micrograms benzalkonium chloride per dose. Benzalkonium chloride may cause irritation or swelling inside the nose, especially if used for a long time.

3. How to use Mometasone furoate

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Do not use a larger dose or use the spray more often or for a longer period than your doctor tells you to.

Treatment of hay fever and perennial rhinitis

Adults and children over 12 years old

The recommended dose is two sprays into each nostril once a day.

- Once your symptoms are under control, your doctor may advise you to lower the dose.
- If you do not start to feel any better, you should see your doctor and he/she may tell you to increase the dose. The maximum daily dose is four sprays into each nostril once daily.

Children aged 3 to 11 years

The recommended dose is one spray into each nostril once a day.

Some patients will begin to experience relief of their symptoms within 12 hours after the first dose of Mometasone furoate. However, it may take more than two days to experience the full benefit of the treatment, so continue with the regular doses until you achieve the full benefit of the treatment.

If you or your child suffers from severe hay fever, your doctor may tell you to start using Mometasone furoate several days before the start of the pollen season, as this will help to prevent the onset of the hay fever symptoms.

Continued overleaf

Treatment of nasal polyps

Adults over 18 years old

The recommended starting dose is two sprays into each nostril once a day.

- If your symptoms are not under control after 5 to 6 weeks, the dose may be increased to two sprays in each nostril twice a day. Once symptoms are under control, your doctor may advise you to lower your dose.
- If there is no improvement in your symptoms after 5 to 6 weeks of using it twice a day, you should contact your doctor.

Preparing your nasal spray for use

Mometasone furoate has a dust cap that protects the nozzle and keeps it clean. Remember to take this off before using the spray and to replace it after use.

If you are using the spray for the first time, you need to "prime" the bottle by pumping the spray 7 times until you see a fine mist:

1. Gently shake the bottle and remove the dust cap.
2. Put your forefinger and middle finger on either side of the nozzle and your thumb underneath the bottle. Do not pierce the nasal applicator.
3. Point the nozzle away from you and then press down with your fingers to pump the spray 7 times until you see a fine mist.

If you have not used the spray for seven days or more, you need to "re-prime" the bottle by pumping the spray two times.

Using the nasal spray

1. Shake the bottle and remove the dust cap.
2. Gently blow your nose.
3. Close one nostril with your finger and put the nozzle in the other nostril. Slightly tilt your head forward and keep the bottle upright.
4. Breathe in slowly and gently through your nose while pressing down ONCE with your fingers.
5. Breathe out through your mouth.
6. Repeat step 4 and 5 to inhale a second spray in the same nostril, if applicable.
7. Repeat step 3 through 6 for the other nostril.

After each use, wipe the nozzle carefully with a clean and dry tissue and replace the dust cap.

Cleaning the nasal spray

It is important to clean your nasal spray regularly; otherwise it may not work properly.

- Once a week, clean the nozzle and dust cap with lukewarm water and let it dry at room temperature.
- Do not try to unblock the nasal applicator by inserting a pin or other sharp object, because this will damage the applicator and it will no longer dispense the correct dose of medicine.
- Push the nozzle back onto the bottle and replace the dust cap.
- The spray will need to be primed again with 2 spray when you use it for the first time after cleaning.

If you use more Mometasone furoate than you should

Tell your doctor if you accidentally use more than instructed.

In rare cases, if you use steroids for a long time or at high doses, they may affect your hormones. In the case of children, this could affect their growth and development.

If you forget to use Mometasone furoate

If you miss a dose, just take the next dose as soon as you remember and then go back to the regular schedule. Do not take a double dose to make up for a forgotten dose.

If you stop using Mometasone furoate

Some patients should begin to experience relief from their symptoms 12 hours after the first dose of Mometasone furoate; however, it may take up to two days to experience the full benefit of the treatment. It is very important that you use your nasal spray regularly. Do not stop your treatment even if you feel better, unless your doctor tells you to.

If you have any further questions about 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.

The use of this product may cause immediate hypersensitivity (allergic) reactions. These reactions may be severe. You should stop taking this medicine and get immediate medical help if you experience symptoms such as:

- swelling of the face, tongue or throat
- trouble swallowing
- hives
- wheezing or trouble breathing

When corticosteroid nasal sprays are used at high doses for long periods, you may develop side effects as a result of the drug being absorbed in the body.

Other side effects:

Most people do not have any problems after using the nasal spray. However, some people may develop one of the following side effects after using Mometasone furoate:

Common side effects (may affect up to 1 in 10 people)

- headache
- sneezing
- nose bleeds [very common (may affect more than 1 in 10 people) in people with nasal polyps who received two sprays of Mometasone furoate in each nostril twice a day]
- pain in the nose or sore throat
- nasal ulcers
- respiratory tract infection

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

- increase in pressure in the eye (glaucoma) and/or cataracts resulting in vision problems
- damage to the partition in the nose which separates the nostrils
- changes in taste and smell
- difficulty breathing and/or wheezing
- blurred vision

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 Yellow Card Scheme.

Website: 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 Mometasone furoate

Keep this medicine out of the sight and reach of children.

Store upright.

Do not use this medicine after the expiry date which is stated on the label and carton after EXP. The expiry date refers to the last day of that month.

The bottle should be used within 3 months after first opening. Only open one bottle at a time.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. Any tissues used for wiping and/or blowing the nose after treatment with the product should be disposed of in the household waste to prevent unused product reaching the aquatic environment. These measures will help protect the environment.

6. Contents of the pack and other information

What Mometasone furoate contains

- The active substance is mometasone furoate. Each actuation contains 50 micrograms of mometasone furoate as monohydrate.
- The other ingredients are benzalkonium chloride, sodium citrate dihydrate (E331(ii)), citric acid monohydrate (E330), microcrystalline cellulose (E460i) and carmellose sodium (E466), glycerol (E422), polysorbate 80, water.

What Mometasone furoate looks like and contents of the pack

Mometasone furoate is a white opaque suspension.

Mometasone furoate is packaged in a HDPE bottle with spray pump and dust cap and is available in packs containing 60, 120 or 140 actuations.

Not all pack sizes may be marketed.

Marketing Authorisation Holder

Alissa Healthcare Research Ltd.
Unit 5, Fulcrum 1
Whiteley, Fareham
Hampshire PO15 7FE
United Kingdom

Manufacturer

Basic Pharma Manufacturing B.V.
Burgemeester Lemmensstraat 352
6163 JT Geleen
The Netherlands

This medicine is authorised in the Member States of the European Economic Area and in the United Kingdom (Northern Ireland) under the following names:

Netherlands	Mometasonfuroaat Basic Pharma 50 microgram/verstuiving, neusspray, suspensie
United Kingdom (Northern Ireland)	Mometasone furoate 50 microgram/actuation nasal spray, suspension

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