

Rhinolast Hay Fever  
Allergy Nasal Spray  
Azelastine hydrochloride 01.w/v

## **Patient Information Leaflet**

### **Read all of this leaflet carefully before you start using this medicine.**

- This medicine is available without prescription. However, you still need to use it carefully to get the best results.
- Keep this leaflet. You may need to read it again.
- Ask your doctor or pharmacist if you need more information or advice.
- You must contact your doctor if your symptoms do not improve.

### **In this leaflet:**

1. What Rhinolast Hayfever Nasal Spray is for
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#### **1. What Rhinolast Hayfever Nasal Spray is for**

Rhinolast Hayfever Nasal Spray belongs to a group of medicines called antihistamines. These work by preventing the effects of histamine that the body produces as part of an allergic reaction. Rhinolast Allergy is used to treat seasonal allergic rhinitis. This is an allergy which may affect you only at certain times of the year (for example, allergy to pollen called Hayfever).

Hayfever usually affects you by causing a runny nose, sneezing, itching or blocked nose. Rhinolast Allergy should help control these symptoms. If you are not sure that you are suffering from an allergy consult your pharmacist before using this medicine. Do not use it to relieve the symptoms of colds or flu.

This product may be used by adults and children aged 12 years and over.

#### **2. Before you take Rhinolast Nasal Spray**

##### **Do not use Rhinolast Hayfever Nasal Spray if:**

- You are allergic to azelastine hydrochloride or any of the other ingredients of Rhinolast Hayfever Nasal Spray. If this applies to you, talk to your doctor or pharmacist.
- You are not sure that you are suffering from an allergy. Consult your pharmacist.
- You have cold or flu symptoms

#### **Pregnancy and breast-feeding**

If you are pregnant, trying to become pregnant or are breast-feeding ask your doctor or pharmacist for advice before using Rhinolast Hayfever Nasal Spray.

#### **3. How to use Rhinolast Allergy**

**Adults and children ages 12 years and over.**

##### **How much to use**

- The usual dose is one squirt into each nostril in the morning and then again in the evening.

### **How to use the spray**

1. Blow your nose first
2. Remove the protective cap (Diagram 1)
3. Before first using, press the pump several times until an even spray emerges (Diagram 2)
4. Spray once into each nostril **keeping head upright. Do not tilt head backwards**(Diagram 3)
5. Wipe the pump nozzle and replace the protective cap.

### **If you use more Rhinolast Hayfever Nasal Spray than you should**

If you spray too much Rhinolast Allergy into your nose you are unlikely to have any problems. Contact your doctor if you are worried.

If anyone, especially a child, accidentally drinks Rhinolast Hayfever Nasal Spray contact your doctor or local hospital casualty department immediately.

If you accidentally get Rhinolast Hayfever Nasal Spray in your eyes, bathe them with plenty of water. They may sting for a while.

Rhinolast Hayfever Nasal Spray should not be used continuously for longer than four weeks. If symptoms persist consult your doctor.

If you see a doctor or have to go to hospital for any reason, tell them what medicines you are taking.

### **If you forget to use Rhinolast Hayfever Nasal Spray**

Use the spray as soon as you remember, then take the next dose at the usual time. Do not take a double dose to make up for a missed dose.

If you have any other questions about using this medicine, ask your doctor or pharmacist.

## **4. Possible side effects**

Like all medicines Rhinolast Allergy can cause side effects, although not everybody gets them.

These effects include:

- Slight irritation of the inside of the nose. This can cause mild stinging, itching or sneezing. These symptoms should not last long.
- A nose bleed.
- A bitter taste in your mouth, especially if you tilted your head backwards when you used the nasal spray, which in rare cases may cause nausea. This should disappear if you have a soft drink a few minutes after using Rhinolast Hayfever nasal Spray.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Rhinolast Hayfever Nasal Spray is not known to react badly with any other medicines or any types or food or drink.

### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRC Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: [www.hpra.ie](http://www.hpra.ie); E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store Rhinolast Hayfever Nasal Spray**

Keep out of the reach and sight of children.

Do not use your spray after the expiry date which is printed on both the bottle label and the carton. The expiry date refers to the last day of that month.

Once you have opened the bottle do not use it for longer than six months.

Do not store Rhinolast Allergy in the refrigerator.

Medicines should not be disposed of via wastewater or household waste. Return any medicine you no longer need to your pharmacist.

## **6. Further information**

### **What Rhinolast Hayfever Nasal Spray contains**

The active substance is azelastine hydrochloride 0.1% w/v. Each squirt contains 0.14 mg of azelastine hydrochloride. The other ingredients are hypromellose, disodium edetate, anhydrous citric acid, disodium phosphate dodecahydrate, sodium chloride and purified water.

### **What Rhinolast Hayfever Nasal Spray looks like**

**Rhinolast Hayfever Nasal Spray is a clear spray solution. It comes in a polythene bottle containing 5 ml of nasal spray solution.**

### **Marketing Authorisation Holder**

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**If this leaflet is difficult to see or read or you would like it in a different format, please contact MEDA Health Sales Ireland Limited, 34/35 Block A, Dunboyne Business Park, Dunboyne, Co Meath.**