

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using NASONEX?

NASONEX contains the active ingredient mometasone furoate. NASONEX is used to treat Allergic Rhinitis (hayfever) (in adults and children 3 years and over), Nasal Polyps (in adults 18 years and over), and Acute Rhinosinusitis (in adults and children 12 years and over).

For more information, see Section [1. Why am I using NASONEX?](#) in the full CMI.

2. What should I know before I use NASONEX?

Do not use if you have ever had an allergic reaction to NASONEX or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use NASONEX?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with NASONEX and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use NASONEX?

- Adults and children over 12 years: 1-2 sprays in each nostril once daily depending on the condition being treated
- Children 3 to 11 years: 1 spray into each nostril once daily

More instructions can be found in Section [4. How do I use NASONEX?](#) in the full CMI.

5. What should I know while using NASONEX?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using NASONEX.• Call your doctor straight away if you notice the symptoms of severe bacterial infection (fever, persistent face/tooth pain on one side of the face, swelling around the eye area, or worsening of symptoms after an initial improvement)• If you are going to have surgery, tell the surgeon or anaesthetist that you are using this medicine
Things you should not do	<ul style="list-style-type: none">• Do not give this medicine to anyone else, even if they have the same condition as you.• Do not use it to treat any other complaints unless your doctor tells you to.
Driving or using machines	<ul style="list-style-type: none">• This medicine generally does not cause any problems with your ability to drive a car or operate machinery.
Looking after your medicine	<ul style="list-style-type: none">• Keep the nasal spray in a cool dry place where the temperature stays below 25°C. Do not freeze. Store it away from heat. Do you?

For more information, see Section [5. What should I know while using NASONEX?](#) in the full CMI.

6. Are there any side effects?

Common side effects include headache, sneezing, nose bleeds, sore throat, irritation inside the nose, visual disturbance/blurred vision. Serious side effects include allergic reactions.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

NASONEX[®]

Active ingredient(s): *mometasone furoate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using NASONEX. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using NASONEX.**

Where to find information in this leaflet:

- [1. Why am I using NASONEX?](#)
- [2. What should I know before I use NASONEX?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use NASONEX?](#)
- [5. What should I know while using NASONEX?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using NASONEX?

NASONEX contains the active ingredient mometasone furoate. NASONEX belongs to a family of medicines called corticosteroids, which are used to help reduce inflammation.

NASONEX is used to treat Allergic Rhinitis (hayfever), Nasal Polyps, and Acute Rhinosinusitis.

Allergic Rhinitis (hayfever):

NASONEX is sprayed into the nose to help relieve symptoms that may occur with hayfever or other year-round allergies, including stuffiness (congestion) in the nose, discharge, itching and sneezing. Your doctor may also prescribe this medicine to help prevent these symptoms two to four weeks before the beginning of the pollen season.

Nasal Polyps:

Swollen tissue in the nose can cause grape-like swellings called 'polyps'. Polyps can cause nasal stuffiness, discomfort and loss of smell.

NASONEX can be used for the treatment of nasal polyps in patients over 18 years of age.

Acute Rhinosinusitis:

Rhinosinusitis is the swelling of the sinuses resulting in stuffiness of the nose, large quantities of mucus from the nose, cough, face pain and/or fever. These symptoms usually last for less than 4 weeks. NASONEX is used to treat the symptoms of rhinosinusitis in adults and children 12 years of age and older, who do not have the signs or symptoms of a severe bacterial infection.

2. What should I know before I use NASONEX?

Warnings

Do not use NASONEX if:

- you are allergic to mometasone furoate, or any of the ingredients listed at the end of this leaflet.
- Always check the ingredients to make sure you can use this medicine.
- you have a tendency to bleed or recurrent nose bleeding
- you have severe nose infection, especially fungal infection.
- you have had recent nose injury or nose surgery; check with your doctor, because you may be told to wait until healing has occurred before using this medicine.
- the packaging is torn or shows sign of tampering..

Check with your doctor if you:

- have any other medical conditions, especially the following:
 - a history of tuberculosis, or active tuberculosis
 - infection of the nose, sinus, mouth, throat, lungs or eye
 - sores in the nose
 - recent injury or surgery to your nose
 - open sores in your nose
- are taking other corticosteroid medicines, either by mouth, as eye drops, as an asthma inhaler or by injection.
- have allergies to any other medicines any other substances, such as foods, preservatives or dyes
- take any medicines for any other condition

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Your doctor will discuss the possible risks and benefits of using this medicine during pregnancy.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Breastfeeding is not recommended during treatment with this medicine.

Drug testing for sport events

This product is a corticosteroid for intranasal administration; it is not a restricted drug for sports.

Corticosteroid may be detected in blood and in the urine during drug testing; thus prior written permission for its use may be required by some sport agencies.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with NASONEX and affect how it works.

Medicines that may increase the effect of NASONEX include:

- Certain antifungals such as ketoconazole and itraconazole
- Some antibiotics such as clarithromycin
- Some medicines used to treat HIV infection such as ritonavir and cobicistat-containing products

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect NASONEX.

4. How do I use NASONEX?

How much to use

Each actuation of the spray pump delivers the equivalent of 50 microgram of mometasone furoate. The volume of the containers are sufficient to deliver the labelled 65 sprays, or 140 sprays.

Hayfever and Allergies

Adults (including the elderly) and children 12 years of age and older: Two sprays into each nostril once daily.

When your symptoms have been controlled, your doctor may recommend one spray into each nostril once daily to keep your symptoms under control.

Children 3 to 11 years of age: One spray into each nostril once daily.

Nasal Polyps

Patients (including the elderly) 18 years of age and older: Two sprays into each nostril once daily.

If your symptoms are not controlled, your doctor may increase your dose to two sprays into each nostril twice daily.

When your symptoms have been controlled, your doctor may reduce your dose.

Acute rhinosinusitis

Adults and children 12 years of age and older: Two sprays in each nostril two times a day.

If symptoms worsen during treatment, see your doctor immediately.

When to use NASONEX

- NASONEX should be used as instructed by your doctor.
- Do not use more frequently than instructed.

- Your doctor will determine the length of treatment.

About your nasal spray

- Your nasal spray has a dust cap which protects the nozzle and keeps it clean. Remember to take this off before using the spray and to replace it after use.
- **Do not pierce the nasal applicator.**
- If you are using the spray for the first time, prime the pump by pumping the spray 10 times until a fine mist is produced. If you have not used the pump for 14 days or more reprime by pumping 2 times.
- It is important to clean the nozzle regularly; otherwise, it may not work properly. Remove the dust cap and gently pull off the nozzle. Wash the nozzle and dust cap in warm water and then rinse under a running tap.
- Do not try to unblock the nasal applicator by inserting a pin or other sharp object as this will damage the applicator and cause you not to get the right dose of medicine.
- Allow the nozzle to dry. Push the nozzle back onto the bottle and replace the dust cap. The pump will need to be reprimed when first used after cleaning.

How to use NASONEX

1. Shake the bottle gently and remove the dust cap.
2. Gently blow your nose.
3. Close one nostril and put the nozzle into the other nostril.
4. Tilt your head forward slightly, keeping the bottle upright.
5. Start to breathe in gently or slowly through your nose and whilst you are breathing in squirt a spray of fine mist into your nose by pressing down ONCE with your fingers.
6. Breathe out through your mouth. Repeat step 5 to inhale a second spray in the same nostril.
7. Remove the nozzle from this nostril and breathe out through the mouth.
8. Repeat steps 3 to 7 for the other nostril. After using the spray, wipe the nozzle carefully with a clean tissue and replace the dust cap.

If you forget to use NASONEX

NASONEX should be used regularly at the same time each day. If you miss your dose at the usual time, use it as soon as you remember, and then go back to use your medicines as you would normally..

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose you missed.

If you use too much NASONEX

If you think that you have used too much NASONEX, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or

- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using NASONEX?

Things you should do

If you become pregnant while you are using this medicine tell your doctor.

Call your doctor straight away if you:

- notice the symptoms of severe bacterial infection
These symptoms may include fever, persistent face/tooth pain on one side of the face, swelling around the eye area, or worsening of symptoms after an initial improvement.

Remind any doctor, dentist or pharmacist you visit that you are using NASONEX.

If you are going to have surgery, tell the surgeon or anaesthetist that you are using this medicine.

Things you should not do

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

Things to be careful of

- If you have a lower resistance to infection, avoid coming into contact with anyone who has measles or chickenpox especially while you are using cortisone-type medicines. Tell your doctor if you do.

Driving or using machines

This medicine generally does not cause any problems with your ability to drive a car or operate machinery.

Looking after your medicine

- Keep the nasal spray in a cool dry place where the temperature stays below 25°C.
- Do not freeze.
- Store it away from heat.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

If you are over 65 years of age, you may have an increased chance of getting side effects.

Long-term use of corticosteroid sprays may be associated with other side effects. Your doctor will monitor your health if you are using NASONEX for extended periods of time.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
<p>Head and nervous system-related:</p> <ul style="list-style-type: none"> • headache <p>Respiratory-related:</p> <ul style="list-style-type: none"> • sneezing • nosebleeds or blood-tinged mucus • sore throat or burning or irritation inside the nose after using this medicine. These symptoms are consistent with the use of corticosteroid nasal sprays. <p>Eye-related:</p> <ul style="list-style-type: none"> • visual disturbances or blurred vision • cataracts have been reported with the use of corticosteroid nasal sprays 	<p>Speak to your doctor if you have any of these less serious side effects and they worry you.</p>

Serious side effects

Serious side effects	What to do
<p>Allergic reaction:</p> <ul style="list-style-type: none"> • rash, wheezing or breathlessness 	<p>Stop using NASONEX and contact your doctor straight away if you notice any of these serious side effects.</p>

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

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

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What NASONEX contains

Active ingredient (main ingredient)	mometasone furoate monohydrate
Other ingredients (inactive ingredients)	dispersible cellulose glycerol citric acid monohydrate (or anhydrous citric acid) sodium citrate polysorbate 80 purified water benzalkonium chloride (preservative)

Do not take this medicine if you are allergic to any of these ingredients.

What NASONEX looks like

NASONEX is a white to off- white suspension contained in a plastic bottle with a metered-dose, manual spray pump for intranasal administration.

NASONEX is available in three pack sizes:

2 x 140 metered dose bottles per pack

140 metered doses per pack

65 metered doses per pack (Junior Pack)

(Aust R 77112).

Who distributes NASONEX

Organon Pharma Pty Ltd

Level 5, 66 King St

Sydney NSW 2000 AUSTRALIA

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