

**PART III: PATIENT MEDICATION INFORMATION**

**READ THIS FOR SAFE AND EFFECTIVE USE OF YOUR MEDICINE  
PATIENT MEDICATION INFORMATION**

**Flonase® Allergy Relief  
fluticasone propionate aqueous nasal spray USP**

Read this carefully before you start taking Flonase® Allergy Relief and each time you buy a new pack. This leaflet is a summary and will not tell you everything about this drug. Talk to your healthcare professional about your medical condition and treatment and ask if there is any new information about Flonase® Allergy Relief.

**UNDERSTANDING FLONASE® ALLERGY RELIEF**

**What is Flonase® Allergy Relief used for?**

- Flonase® Allergy Relief is an effective, medicine that relieves seasonal (i.e. hay fever) and year-round allergy symptoms caused by pollen, mold, dust and pets.
- Flonase® Allergy Relief relieves these allergy symptoms: sneezing; itchy nose and throat; runny nose and itchy, watery eyes. It also relieves nasal congestion and sinus pain and pressure.

**What problems can Flonase® Allergy Relief help with?**

Allergies can cause uncomfortable symptoms like congestion and itchy eyes. These symptoms can be triggered by allergens like pollen, mold, dust or pet dander.

**Flonase® Allergy Relief helps relieve a broad range of symptoms** from many allergens.

For example, Flonase® Allergy Relief helps with:

<b>Symptoms</b>		<b>Triggers</b>		
<i>[Hexagonal symbols]</i>		<i>[Hexagonal symbols]</i>		
<i>[Nose symbol]</i>	<i>[Eye symbol]</i>	<i>[Flower &amp; tree pollen symbols]</i>	<i>[Cat symbol]</i>	<i>[House symbol]</i>
<b>Nasal symptoms</b>	<b>Eye symptoms</b>	<b>Outdoor allergens</b>	<b>Animal allergens</b>	<b>Indoor allergens</b>
<ul style="list-style-type: none"> <li>• Congestion</li> <li>• Runny nose</li> <li>• Sneezing</li> <li>• Itchy nose</li> </ul>	<ul style="list-style-type: none"> <li>• Itchy eyes</li> <li>• Watery eyes</li> </ul>	<ul style="list-style-type: none"> <li>• Weed pollen</li> <li>• Grass pollen</li> <li>• Tree pollen</li> <li>• Mold spores</li> </ul>	<ul style="list-style-type: none"> <li>• Cats</li> <li>• Dogs</li> </ul>	<ul style="list-style-type: none"> <li>• Dust</li> <li>• Dust mites</li> <li>• Mold</li> </ul>

### **How does Flonase® Allergy Relief work?**

Flonase® Allergy Relief works directly within your nose and nasal passages to help reduce your allergic reaction at the source to relieve the symptoms that make you uncomfortable.

Flonase® Allergy Relief controls several key inflammatory substances (histamine, chemokines, leukotrienes, cytokines, tryptases and prostaglandins) your body releases when you have an allergic reaction, whereas most non-prescription allergy medications will only act on one of these substances (i.e. histamine).

Because of the way it works, it may take several days for Flonase® Allergy Relief to reach maximum effect. That's why it's best to use Flonase® Allergy Relief regularly, once a day as directed.

### **What are the ingredients in Flonase® Allergy Relief?**

Medicinal ingredients: fluticasone propionate (a corticosteroid)

Non-medicinal ingredients: benzalkonium chloride, dextrose, microcrystalline cellulose and carboxymethylcellulose sodium, phenylethyl alcohol, polysorbate 80, and purified water.

### **Flonase® Allergy Relief comes in the following dosage forms:**

Flonase® Allergy Relief comes in a nasal spray device that will deliver either 60 or 120 sprays. Each spray delivers a mist containing 50mcg of fluticasone propionate.

### **Do not use Flonase® Allergy Relief:**

- In children and adolescents under 18 years of age unless on the advice of a doctor.
- If you are allergic to it or any of its ingredients.
- If you have an untreated fungal (yeast), bacterial or tuberculosis infection of your respiratory tract.

**To help avoid side effects and ensure proper use, talk to your healthcare professional before you take Flonase® Allergy Relief. Talk about any health conditions or problems you may have, including if you:**

- Are pregnant (or planning to become pregnant).
- Are breastfeeding a baby.
- Take a medicine for HIV infection (such as ritonavir)
- Suffer from severe liver disease.
- Have been exposed to chickenpox or measles.
- Have a problem with your thyroid.
- Have yellow or green discharge from your nose.
- Have a fever or a nasal or sinus infection.
- Are recovering from recent surgery, trauma or ulcers in your nose.
- Are taking or have previously taken other steroids either as an injection or by mouth.
- Have a blood clotting problem AND are taking Acetylsalicylic Acid (ASA).

### **Other warnings you should know about:**

- You should avoid coming into contact with measles, chickenpox or tuberculosis while

taking Flonase® Allergy Relief. If you are exposed, tell your doctor.

- Drugs like Flonase® Allergy Relief may cause eye disorders:
  - Cataracts: clouding of the lens in the eye, blurry vision, eye pain;
  - Glaucoma: an increased pressure in your eyes, eye pain. Untreated, it may lead to permanent vision loss.
  - Detached retina: blurry vision, dark area in your vision or other changes in vision.
  - Contact your doctor if you experience blurry vision or other vision problems. You should have regular eye exams.
- Slower growth in adolescents (12 – 17 years of age) may occur. You and your doctor should monitor your child’s growth.

Flonase® Allergy Relief is not recommended for continuous, long-term treatment in children.

**Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.**

**The following may interact with Flonase® Allergy Relief:**

- Ritonavir (a medicine used to treat HIV infection or AIDS).
- Ketoconazole (a medicine used to treat fungal infections).
- Acetylsalicylic acid (a medicine for pain and fever relief)

## **USING FLONASE® ALLERGY RELIEF**

**How to take Flonase® Allergy Relief:**

Do not share this bottle with anyone else as this may spread germs.

For best results, it’s important to get a full dose.  
Here’s how, in five easy steps.

### **1 Shake**



Gently shake spray bottle.



Squeeze ribs of green cap and remove.

## 2 Prime

### Do this when:

- Starting new bottle
- Haven't used it in a week
- Just cleaned nozzle

### Otherwise go to step 3



Aim away from face. Grasp spray bottle as shown. Pump until fine mist appears.

### Won't I waste product by priming?

It's not a waste to prime the pump, because it helps you get a full dose. Getting a full dose is important for getting the relief you deserve. Don't worry about running out due to priming. There is enough medicine in the spray bottle to allow for priming sprays plus the number of sprays labeled on the bottle. Always point the spray bottle away from your face when priming.

## 3 Blow Nose



Blow nose gently to clear nostrils

#### 4 Aim

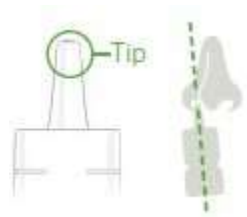


#### Warning

Do not spray in your eyes or mouth. Only for use in your nose.



Close one nostril and put tip of spray nozzle in other nostril.



Put just the tip into your nose. Aim slightly away from centre of nose.

#### 5 Breathe and spray



While sniffing gently, press down on spray nozzle once or twice (according to dosing instructions). You'll feel a light mist in your nose. Breathe out through your mouth. Repeat in other nostril. Wipe spray nozzle with clean tissue and replace cap.

#### What if I feel stinging in my nose, or I sneeze?

Some people may feel a slight stinging, or may sneeze after spraying Flonase® Allergy Relief in their nostrils. This feeling should go away in a few seconds.

#### Usual dose:

Flonase® Allergy Relief works best when you use it daily.

#### Adults 18 years of age and older:

- Week 1 – use 2 sprays in each nostril once daily, preferably in the morning.
- Week 2 through 3 months – use 1 spray in each nostril once daily, if your symptoms are under control.
- After 3 months of daily use – ask your doctor if you can keep using

If you have any difficulties or you are unsure about how or when to take Flonase® Allergy Relief, check with your doctor or pharmacist.

**Overdose:**

If you think you have taken too much Flonase® Allergy Relief, contact your healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

**Missed Dose:**

If you miss a dose, do not worry; just use your regular dose the next day. Don't add an extra dose.

**KEEP IT CLEAN**

A clean spray nozzle helps ensure a full dose. Clean it weekly, or if it's clogged. Don't try to unblock nozzle with pin or sharp object— that can damage it.



1 Remove spray nozzle by grasping at base and pulling up.



2 Rinse under running water, and dry at room temperature.



3 Aim away from your face and gently replace spray nozzle until you hear a soft click.



**If spray nozzle is clogged**, soak in warm water. Then repeat steps 2 and 3.

### **How long should a bottle of Flonase<sup>®</sup> Allergy Relief last?**

This table shows roughly how long your bottle will last. It assumes you follow the instructions for priming the pump, and that you follow the recommended dosing. After you've used the number of sprays shown on the label, each spray may not deliver a full dose—even if there is liquid left in the bottle.

<b>If the label says...</b>	<b>The bottle should last...</b>
60 sprays	2 weeks
120 sprays	4 weeks

### **If my symptoms go away, should I stop using Flonase<sup>®</sup> Allergy Relief?**

You may be tempted to stop using Flonase<sup>®</sup> Allergy Relief when you start to feel better. It's important you keep using Flonase<sup>®</sup> Allergy Relief daily as long as you're exposed to allergens that bother you, like pollen, mold, dust or pet dander. This way you'll keep feeling relief.

If your symptoms do not improve within 7 days of starting use or you get new symptoms such as severe facial pain or thick nasal discharge you may have something more than allergies, such as an infection. You should stop treatment and speak with your doctor.

If you suffer allergy symptoms only during certain times, like when pollen levels are high, you may stop using Flonase<sup>®</sup> Allergy Relief when that time ends.

### **Can I keep using Flonase<sup>®</sup> Allergy Relief year round?**

Some people suffer from allergies all year. If you are age 18 or older and have used Flonase<sup>®</sup> Allergy Relief steadily for three months check with your doctor to make sure it's OK to keep using Flonase<sup>®</sup> Allergy Relief daily. In fact, it's a good idea for anyone with persistent allergies to talk with a doctor every so often about symptoms and medicines.

## **WHAT TO EXPECT**

### **How soon will I get relief?**

You may start to feel relief the first day you use Flonase<sup>®</sup> Allergy Relief. Keep using it every day, though. It takes several days before Flonase<sup>®</sup> Allergy Relief builds up to full effectiveness. For seasonal allergies, Flonase<sup>®</sup> Allergy Relief works best if it is started before the exposure to allergens occurs. Speak with your pharmacist to determine the best time to begin Flonase<sup>®</sup> Allergy Relief to help treat symptoms.

### **How long will the relief last?**

Flonase<sup>®</sup> Allergy Relief is meant to control your symptoms every day, all day and all night. To help you get this lasting relief, it's important to use Flonase<sup>®</sup> Allergy Relief regularly, once a day as directed.

### **What are possible side effects from using Flonase<sup>®</sup> Allergy Relief?**

Serious side effects are rare with Flonase<sup>®</sup> Allergy Relief because Flonase<sup>®</sup> Allergy Relief works in your nose and nasal passages. Very little of it travels through your body. However, like all medicines, Flonase<sup>®</sup> Allergy Relief can cause side effects in some people.

The following are possible side effects you may feel when taking Flonase<sup>®</sup> Allergy Relief. If you experience any side effects not listed here, contact your healthcare professional.

- A dry, irritated or burning sensation in your nose
- Nosebleeds (you may also get streaks of blood when you blow your nose)
- Sneezing, runny nose, congestion
- Soreness, or sores in your nose or mouth
- Headache
- Dry or irritated eyes, blurred vision
- Unpleasant or change in sense of taste and/or smell
- Sore throat, throat irritation, dryness, hoarseness or cough
- You get a constant whistling sound from your nose. This may be a sign of damage inside your nose.
- Slower healing of wounds. Do not use Flonase<sup>®</sup> Allergy Relief until your nose has healed if you have a sore in your nose, if you have surgery on your nose, or if your nose has been injured.
- Worsening of the symptoms of infections such as existing tuberculosis, fungal, bacterial or parasitic infections or herpes of the eye.

### **SERIOUS SIDE EFFECTS AND WHAT TO DO ABOUT THEM:**

Talk to your healthcare professional if you experience:

- **Cushing's Syndrome:** Rapid weight gain especially around the body and face; excess sweating; thinning of the skin with easy bruising and dryness; muscle and bone weakness.
- **Decreased Adrenal Function:** tiredness, weakness, nausea and vomiting.
- **Osteonecrosis** (tiny breaks in a bone leading to eventual collapse): Progressive or persistent pain or limited range of motion in a joint or limb.
- **Psychological or Behavioural:** Anxiety, depression or aggression, restlessness or trouble



sleeping may occur, especially in children.

- **Cataracts:** glare, reduced vision.

Stop taking Flonase<sup>®</sup> Allergy Relief and get immediate medical help if you experience:

- **Allergic Reactions:** chest pain or tightness, wheezing, coughing or having difficulty breathing, suddenly feeling weak or lightheaded (which may lead to collapse or loss of consciousness), swelling around the face, mouth or tongue, eyes or lips with difficulty swallowing, skin rashes (hives) or redness
- **Glaucoma:** increased pressure in your eyes, eye pain.

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.

#### **Reporting Side Effects**

You can report any suspected side effects associated with the use of health products to Health Canada by:

- Visiting the Web page on Adverse Reaction Reporting (<http://www.hc-sc.gc.ca/dhp-mps/medeff/report-declaration/index-eng.php>) for information on how to report online, by mail or by fax; or
- Calling toll-free at 1-866-234-2345.

*NOTE: Contact your health professional if you need information about how to manage your side effects. The Canada Vigilance Program does not provide medical advice.*

#### **Storage:**

Keep out of reach and sight of children. Your medicine may harm them.

Store between 4° and 30°C. Do not use Flonase<sup>®</sup> Allergy Relief after the expiry date shown on the pack.

#### **If you want more information about Flonase<sup>®</sup> Allergy Relief:**

- Talk to your healthcare professional
- Find the full product monograph that is prepared for healthcare professionals and includes this Patient Medication Information by visiting the [Health Canada website](#); the manufacturer's website [www.flonase.ca](http://www.flonase.ca), or by calling 1-800-250-8866.

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