

## **Beclomethasone nasal spray (be-kloe-METH-a-sonə)**

### **What is this medication used for**

Beclomethasone nasal spray is used to prevent and treat inflammation in the lining of your nose due to allergic rhinitis such as hay fever or animal allergies. Beclomethasone belongs to a group of medications called corticosteroids. Corticosteroids work by reducing inflammation, swelling and irritation in the nose due to allergies.

### **How to use this medication**

#### Adults 18 years old and above

The usual starting dose is 2 sprays into each nostril twice a day (maximum 4 sprays per nostril). As it takes a few days for the medication to work, continue using it even though you do not feel better immediately. You may use a lower dose i.e. 1 spray into each nostril once you feel better and you may increase back to the starting dose if the symptoms worsen.

Shake the bottle well before use. You need to “prime” a new spray (or one that has not been used for a few days) by pumping the spray a few times until an even, fine mist is produced. Blow your nose gently. Close one nostril with your finger and put the nozzle into the other nostril. Tilt your head slightly forward and keep the bottle upright. Breathe in slowly through your nose and while you are breathing in, pump the spray, then breathe out through your mouth. After using, wipe the nozzle with a clean tissue and replace the dust cap.

If you forget or miss a dose, apply it as soon as you remember. If it is nearly time for the next dose, skip the missed dose and continue with the next dose at the usual time. Do not double the number of drops.

### **Before you use this medication**

Medical advice should be sought before use if you have any of the following conditions or symptoms: nose bleeds, nasal, sinus or chest infection, recent injury or surgery to the nose, severe nasal congestion or obstruction, tuberculosis, eye infection, measles or chicken pox, pregnant or breastfeeding.

This medication should be avoided if you have a known history of allergy to beclomethasone or any of the other listed ingredients in the product.

### **Interactions with other medications**

Be sure to inform your doctor and/or pharmacist if you are taking, have recently taken or plan to take other medications, nutritional supplements or herbal products.

Be sure to mention any of the following: any other corticosteroid medications in the form of tablets, inhalers, nasal sprays or eye/nose drops.

### **Side effects**

Common side effects: sneezing immediately after using the spray (temporary), unpleasant taste or smell.

Less common side effects: dry or painful nose or throat, nose bleeds, headache.

Rare side effects: painful eyes, blurred vision, damage to the nose and severe allergic reactions.

### **When to seek further medical advice**

Inform your doctor immediately if you experience any allergic symptoms (e.g. rashes, itchiness, difficulty with breathing, swelling around the face and throat) or any serious side effects such as severe nose bleeding or blurred vision.

Do not use this medication for more than 3 months continuously without medical supervision.

### **How this medication should be kept**

Keep out of sight and reach of children.

Store in a cool dry place, away from light

Do not refrigerate.

Discard bottle after opening according to manufacturer’s recommendation or date of expiry, whichever is earlier.



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