

## Budesonide Nasal Spray (byoo-DES-oh-nide)

### What is this medication used for

Budesonide belongs to a group of medications called corticosteroids. It is used to prevent and treat inflammation in the lining of the nose due to allergies (also known as allergic rhinitis). It works 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 64mcg into each nostril in the morning OR 32mcg into each nostril twice a day (maximum daily dose is 200mcg into each 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 reduce the dose to 32mcg into each nostril once you feel better and go back to the starting dose if the symptoms get worse.

Shake the bottle well before use. Do not spray into the eyes or mouth.

If you forget or miss a dose, use it as soon as you remember. If it is nearly time for the next dose, skip the missed application and continue with next dose at the usual time.

### Before you use this medication

Please inform your doctor or pharmacist if you have any of the following conditions or symptoms: nosebleeds, nasal, sinus or chest infection, recent injury or surgery to the nose, severe nasal congestion or obstruction, tuberculosis, eye infection, measles or chicken pox.

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

Please seek your doctor's or pharmacist's advice before using this medication if you are pregnant or breastfeeding.

### 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, anti-fungal medications (e.g. ketoconazole, itraconazole), gastrointestinal medications (e.g. cimetidine) or antibiotics (e.g. erythromycin, clarithromycin)

### Side effects

Common side effect: sneezing after using the spray (usually temporary).

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

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

### When to seek further medical advice

Inform your doctor and/or pharmacist immediately if you experience any allergic symptoms (e.g. rashes, itchiness, difficulty in breathing or eye swelling) or serious side effects due to this medication such as severe nose bleeds or vision changes.

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

### How should this medication be kept

Keep out of reach and sight of children.

Store in a cool dry place, protected from light.

Do not refrigerate.

Store bottle in an upright position.

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



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