

Mometasone Furoate Monohydrate 50mcg/actuation Nasal Spray (Nasonex[®]) (moe-MET-a-sonē)

What is this medication used for

Mometasone is used to prevent and treat inflammation in the lining of the nose due to allergies (also known as allergic rhinitis) as well as to prevent and relieve its associated symptoms such as sneezing and runny nose. It belongs to a group of medications called corticosteroids and 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 2 sprays into each nostril once a day.

As it may take a few days to one week for the medication to work, continue using it even though you do not feel better immediately. Do not use more than 4 sprays into each nostril a day. You may reduce the dose to 1 spray into each nostril once a day when you feel better and go back to the starting dose if the symptoms worsen.

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

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, glaucoma or cataracts.

This medication should be avoided if you have a known history of allergy to mometasone 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.

Side effects

Common side effects: headache, nose bleeds, runny nose, sore throat, heartburn or indigestion, diarrhoea, flu-like symptoms (fever, muscle pain, weakness and/or fatigue).

Less common side effects: irritation and dryness on the inside of your nose, sinuses become blocked, sneezing, changes in the way things smell or taste and feeling sick (nausea).

Rare side effects: perforation of the middle part of the inside of the nose (called 'nasal septum'), cloudiness of the lens in the eye (cataract) and increased pressure inside the eyeball (glaucoma).

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.

Consult a doctor if you experience vision changes, recurrent nose bleeds or nose septum discomfort while using this medication. Also consult your doctor if signs and symptoms of severe bacterial infection are observed (e.g. fever, persistent one-sided face/tooth pain, swelling around the eyes and nose)

Consult a doctor if your symptoms do not improve after 2 weeks, or if the condition worsens.

How should this medication be kept

Keep out of reach and sight of children.

Store in a cool dry place, away from sunlight.

Do not refrigerate.

