

Package Leaflet: Information for the user

**Beconase<sup>®</sup> Aqueous Nasal Spray**  
**beclometasone dipropionate 50 micrograms**

**Read all of this leaflet carefully before you start using this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any of the side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in the leaflet. See section 4.

**What is in this leaflet:**

1. What Beconase is and what it is used for
2. What you need to know before you use Beconase
3. How to use Beconase
4. Possible side effects
5. How to store Beconase
6. Contents of the pack and other information

## **1 What Beconase is and what it is used for**

Beconase Aqueous Nasal Spray (called 'Beconase' in this leaflet) contains a medicine called beclometasone dipropionate. This belongs to a group of medicines called steroids (also called 'cortico-steroids').

- steroids work by reducing inflammation
- they reduce swelling and irritation in your nose
- this helps to relieve itching, sneezing and your blocked or runny nose.

Beconase is used to prevent and treat:

- Inflammation in the lining of your nose (rhinitis) due to seasonal allergies, such as Hayfever.
- Inflammation in the lining of your nose (rhinitis) due to year round (perennial) allergies, such as animal allergies.

## **2 What you need to know before you use Beconase**

**Do not use Beconase if:**

- you are allergic to beclometasone dipropionate or any of the other ingredients of this medicine (listed in section 6).

**Other medicines and Beconase**

Please tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. This includes herbal medicines.

Check with your doctor or pharmacist before using your medicine if:

- you have had steroids for a long time, either as an injection or by your mouth.
- you have ever had an operation on your nose
- you have an infection in your nose

If you are unsure if the above apply to you, talk to your doctor or pharmacist before using Beconase.

**Beconase with food and drink**

You can use Beconase at any time of day, with or without food.

### **Pregnancy and breast-feeding**

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

### **Driving and using machines**

Beconase is not likely to affect you being able to drive or use any tools or machines.

### **Beconase contains benzalkonium chloride**

Beconase contains benzalkonium chloride which may cause problems with your breathing (bronchospasm).

## **3 How to use Beconase**

Always use this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

- **Do not use in children under 6 years old**
- **It takes a few days for this medicine to work. So keep using it, even though you may not feel better straight away.**
- You should use the spray every day.

### **How much to use - adults and children (aged 6 and over)**

- The usual starting dose is 2 sprays into each nostril twice a day.
- The most you would use in over 24 hours is normally 8 sprays (4 sprays per nostril).
- As you become better, your doctor may ask you to use a lower dose - one spray into each nostril twice a day.
- If your symptoms then get worse, your dose may be increased back to the starting dose.
- Do not use a larger dose or use your nasal spray more often than your doctor tells you.

### **If you use high doses of Beconase**

There are times when your doctor may need to adjust the dose of the steroid you are given or the way in which you take it. These times are:

- times of extreme stress
- during admission to hospital after a serious accident, injury or illness
- before and after a surgical operation.

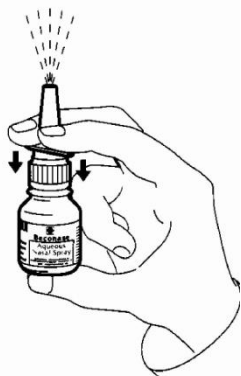
If you think that any of these apply to you whilst using Beconase, speak to your doctor or pharmacist.

### **Preparing your spray**

Each spray has a dust cap which protects the nozzle and keeps it clean. Remember to take this off before using the spray.

A new spray (or one that has not been used for a few days), may not work first time. You need to 'prime' the spray by pumping the spray a few times until a fine mist is produced.

1. Hold the bottle as shown and make sure it is pointed away from you
2. Put your forefinger and middle finger on the collar either side of the nozzle and put your thumb underneath the bottle
3. Keep your thumb still, and press down with your fingers to pump the spray.



- If the spray does not work and you think it may be blocked, you will need to clean it. Please see the section over the page, **Cleaning your spray**.

- Never try to unblock or enlarge the tiny spray hole with a pin or other sharp object. This will damage the way the spray works.

**Please turn over the page**

**Using your spray**

- 1 Shake the bottle and take off the dust cap.
- 2 Blow your nose gently.
- 3 Close one nostril with your finger as shown, and put the nozzle in the other nostril. Tilt your head forward slightly and keep the bottle upright. Hold the bottle as shown.

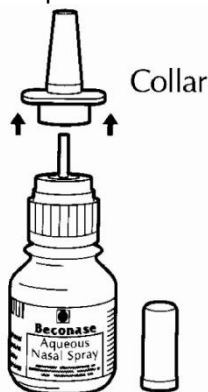


- 4 Start to breathe in slowly through your nose. While you are breathing in press down firmly on the collar with your fingers. A spray of fine mist will go into your nostril.
- 5 Breathe out through your mouth.
- 6 Repeat step 4 to use a second spray in the same nostril.
- 7 Remove the nozzle from this nostril and breathe out through your mouth.
- 8 Repeat steps 3 to 6 for your other nostril.
- 9 After using your spray, wipe the nozzle carefully with a clean tissue or handkerchief, and replace the dust cap.

**Cleaning your spray**

Clean your spray at least once a week, or more often if it gets blocked.

- 1 Take the dust cap off.
- 2 Pull upwards on the white collar to remove the nozzle.



- 3 Soak the nozzle and dust cap in warm water for a few minutes.
- 4 Then rinse under a running tap.
- 5 Shake off the excess water and let them dry in a warm place.
- 6 Put the nozzle back on the spray.
- 7 'Prime' the bottle as described in the section above, **Preparing your spray**

**If you forget to use Beconase**

If you miss a dose, just use the next dose when it is due.

**If you use more Beconase than you should**

Tell your doctor if you use more than you were told to.

It is important that you take your dose as stated on the pharmacist's label or as advised by your doctor. You should use only as much as your doctor recommends; using more or less may make your symptoms worse.

#### **If you stop taking Beconase**

Do not stop treatment even if you feel better, unless your doctor tells you to stop. If you do stop, the symptoms may come back.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

## **4 Possible side effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them. The following side effects may happen with this medicine:

#### **Allergic reactions: get a doctor's help straight away**

A small number of people get allergic reactions to Beconase, which can develop into a more serious, even life-threatening problem if not treated. Symptoms include;

- becoming very wheezy or having difficulty with breathing
- swelling around the face or throat

**If this happens, tell your doctor straight away – you may need urgent medical treatment.**

#### **Immediately after you use your spray**

- You may sneeze a little, but this soon stops.
- Very occasionally you may find you get an unpleasant taste or smell.

**Tell your doctor as soon as possible if you notice any of the following side effects:**

#### **Common** (may affect up to 1 in 10 people)

- A dry or painful nose or throat.
- Bad nose bleeds.
- Mild allergic reactions including skin rashes or redness, itching or weals like nettle rash or hives.

#### **Very rare** (may affect up to 1 in 10,000 people)

- Problems with your eyes such as pain or blurred vision
- Damage to your nose

Very rarely, the normal production of steroids in your body may be affected. This is more likely to happen if you use high doses for a long time. Your doctor will help stop this happening by making sure you use the lowest dose of steroid which controls your symptoms. In children this side effect can rarely cause them to grow more slowly than others. Children who receive this treatment for a long period of time will have their height checked regularly by their doctor.

#### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the leaflet. You can also report any side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

By reporting side effects you can provide more information on the safety of this medicine.

## **5 How to store Beconase**

Keep this medicine out of the sight and reach of children.

- Protect from frost and light.
- Do not store above 30°C (86°F).
- Do not use this medicine after the expiry date which is stated on the label and carton after 'EXP'. The expiry date refers to the last day of that month.
- Stop using this bottle three months after you first opened it.
- If you are told to stop taking this medicine return any unused spray to your pharmacist to be destroyed.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## 6 Contents of the pack and other Information

### What Beconase Aqueous Nasal Spray contains

- The active substance is beclometasone dipropionate
- The other ingredients are microcrystalline cellulose, sodium carboxymethylcellulose, dextrose, polysorbate 80, purified water and the preservatives benzalkonium chloride and phenylethylalcohol. These other ingredients are needed to make a stable suspension which will not go off.

### What Beconase Aqueous Nasal Spray looks like and contents of the pack

Each bottle delivers 200 sprays. Each spray contains 50 micrograms of beclometasone dipropionate.

### Marketing Authorisation Holder

Glaxo Wellcome UK Ltd  
Stockley Park West  
Uxbridge  
Middlesex  
UB11 1BT.

### Manufacturer

Glaxo Wellcome SA  
Aranda de Duero  
Burgos  
Spain

### Other formats:

To listen to or request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK Only)

Please be ready to give the following information:

**Product name**      **Beconase Aqueous Nasal Spray**

Reference number 10949/0104

This is a service provided by the Royal National Institute of Blind People.

**This leaflet was last revised in January 2015**

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