

# BECONASE® ALLERGY & HAYFEVER

Active ingredient: *beclometasone dipropionate*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using BECONASE ALLERGY & HAYFEVER. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using BECONASE ALLERGY & HAYFEVER.**

**Where to find information in this leaflet:**

- [1. Why am I using BECONASE ALLERGY & HAYFEVER?](#)
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### 1. Why am I using BECONASE ALLERGY & HAYFEVER?

BECONASE ALLERGY & HAYFEVER contains a corticosteroid called beclometasone dipropionate which treats inflamed tissue. The tiny amounts sprayed into your nose help to reduce swelling and irritation.

BECONASE ALLERGY & HAYFEVER can be used to treat and prevent seasonal allergic rhinitis (hayfever) and perennial allergic rhinitis (due to airborne allergens) in adults and children aged 12 years and over.

When you have rhinitis, the inside of your nose becomes swollen and itchy. This usually occurs during spring and summer when it is caused by breathing pollens from grasses or trees. This condition is called hayfever. Some people get problems all year round and this is called Perennial Rhinitis. It is often due to house dust mites or animals such as cats or dogs.

When you spray BECONASE ALLERGY & HAYFEVER into your nose it helps to relieve itching, sneezing and a blocked or runny nose.

BECONASE ALLERGY & HAYFEVER is non-drowsy, and is not addictive.

For nasal use only.

### 2. What should I know before I use BECONASE ALLERGY & HAYFEVER?

#### Warnings

**Do not use BECONASE ALLERGY & HAYFEVER if:**

- you are allergic to beclometasone dipropionate, any other corticosteroids or any of the ingredients listed at the end of this leaflet.

Always check the ingredients to make sure you can use this medicine.

- This product is not recommended for children under 12 years.
- Do not use BECONASE ALLERGY & HAYFEVER after the expiry date (EXP) printed on the pack.
- Do not use BECONASE ALLERGY & HAYFEVER if the packaging is torn or shows signs of tampering.

**Check with your doctor or pharmacist if you:**

- Have recently had nasal ulcers, injury or surgery to your nose.
- Have a tendency to nose bleeds.
- Have a nasal or sinus infection.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section 6. [Are there any side effects?](#)

#### Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

### 3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

**Some medicines and BECONASE ALLERGY & HAYFEVER may interfere with each other and affect how medicines work.**

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect BECONASE ALLERGY & HAYFEVER.**

### 4. How do I use BECONASE ALLERGY & HAYFEVER?

#### How much to use

If your BECONASE ALLERGY & HAYFEVER is new and you have not used it before, or if you have not used it for one week or more, you should prime the bottle by spraying a few times into the air before use.

- For adults and children aged 12 and over, the usual dose is two sprays into each nostril twice daily.
- Once your symptoms have improved you may be able to halve the dose to one spray into each nostril twice a day.
- If symptoms get worse again, the dosage may be increased to two sprays into each nostril twice a day.
- Try to use the lowest dose to control your symptoms.
- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage. Do not use more than 2 sprays in each nostril twice daily (8 sprays).
- See your doctor or pharmacist if symptoms are not relieved within 7 days.

## When to use BECONASE ALLERGY & HAYFEVER

- BECONASE ALLERGY & HAYFEVER quickly starts to reduce inflammation and swelling in your nose, although it may take a few days to significantly improve symptoms. Therefore to prevent the onset of symptoms, start to use BECONASE ALLERGY & HAYFEVER a few days before expected exposure to one of your 'usual' triggers.
- It may take a few days for this medicine to work and it is very important that you use it regularly. If you stop the treatment when you feel better, your symptoms may return as the medication wears off. If your symptoms include watery eyes and they trouble you, advise your pharmacist or doctor.
- Your pharmacist or doctor will tell you how long to use your BECONASE ALLERGY & HAYFEVER for.
- Do not use the spray for more than 6 months without the advice of your doctor or pharmacist.
- If you miss a dose just use the next one when it is due.

## How to use BECONASE ALLERGY & HAYFEVER

1. Shake the bottle and remove the cap. Prime the bottle by pumping the spray a few times until a fine mist is produced.



2. Blow your nose gently.
3. Close one nostril as shown. Hold the bottle and put the nozzle in the other nostril. Tilt your head forward slightly and keep the bottle upright.



4. Start to breathe in slowly through your nose. While you are breathing in, squirt a spray of fine mist into your nostril by pressing down firmly on the collar with your fingers.
5. Breathe out through your mouth. Repeat step 4 to take a second spray in the same nostril.



6. Remove the nozzle from this nostril and breathe out through your mouth.
7. Repeat steps 3 to 6 for the other nostril.

AFTER USING THE SPRAY, WIPE THE NOZZLE CAREFULLY WITH A CLEAN TISSUE OR HANDKERCHIEF AND REPLACE THE CAP.

## If you use too much BECONASE ALLERGY & HAYFEVER

If you have accidentally used too much BECONASE ALLERGY & HAYFEVER on one occasion, there is nothing to worry about.

However, if you use too much of it over a long time (months or years) you may start to get unwanted side effects inside your nose and body.

Discuss any worries you may have about this with your doctor or pharmacist.

## In case of overdose or poisoning:

- phone the Poisons Information Centre (Australia telephone 13 11 26) for advice, or
- contact your doctor.

## 5. What should I know while using BECONASE ALLERGY & HAYFEVER?

### Things you should do

Remind any doctor or pharmacist you visit that you are using BECONASE ALLERGY & HAYFEVER if you are about to be started on any new medicines.

Tell your pharmacist or doctor if, for any reason, you have not used your medicine exactly as recommended.

Use BECONASE ALLERGY & HAYFEVER only in your nose.

### Things you should not do

- Do not give this medicine to anyone else, even if their symptoms seem similar to yours.
- Do not use BECONASE ALLERGY & HAYFEVER to treat any other conditions unless advised by your doctor to do so.

### Looking after your medicine

- Keep BECONASE ALLERGY & HAYFEVER below 30°C.
- Protect from light.
- Do not freeze.
- Do not refrigerate.
- Keep your BECONASE ALLERGY & HAYFEVER in its pack until it is time to take it.
- Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

**Keep it where young children cannot reach it.**

### When to discard your medicine

**Discard 3 months after first using.**

### Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

### Common side effects

| Common side effects  | What to do  |
|--|---|
| <ul style="list-style-type: none"><li>Painful nose or throat</li><li>Nose bleed</li><li>Bad taste or smell</li></ul> | <b>See your doctor if any of these side effects persist or are troublesome.</b> |

### Potentially serious side effects

| Potentially serious side effects  | What to do                            |
|---|---------------------------------------|
| <ul style="list-style-type: none"><li>Signs or symptoms of a nasal or sinus infection such as fever, pain or swelling, or discoloured nasal discharge</li><li>Eye pain or visual disturbances</li></ul> | <b>See your doctor or pharmacist.</b> |

### Serious side effects

| Serious side effects   | What to do  |
|--|---|
| <b>These could be symptoms of an allergic reaction to the spray:</b> <ul style="list-style-type: none"><li>Rash</li><li>Wheezing</li><li>Breathlessness</li><li>Swelling of the lips/mouth</li></ul> | <b>Stop using your spray and call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b> |

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side effects, you can help provide more information on the safety of this medicine.

## 7. Product details

This medicine is available over-the-counter without a doctor's prescription.

### What BECONASE® ALLERGY & HAYFEVER contains

|   |   |
|---|---|
| <b>Active ingredient (main ingredient)</b>      | beclometasone dipropionate  |
| <b>Other ingredients (inactive ingredients)</b> | <ul style="list-style-type: none"><li>Dispersible cellulose</li><li>Anhydrous glucose</li><li>Polysorbate 80</li><li>Hydrochloric acid (to adjust pH)</li></ul> |

- |  |
|--|
| <ul style="list-style-type: none"><li>Purified water</li><li>Benzalkonium chloride</li><li>Phenylethyl alcohol</li></ul> |
|--|

**Do not take this medicine if you are allergic to any of these ingredients.**

### What BECONASE ALLERGY & HAYFEVER looks like

BECONASE ALLERGY & HAYFEVER (AUST R 72345) is contained in a plastic bottle fitted with a metering pump, a nasal adaptor and a dust cover. Each bottle contains around 200 sprays.

### Who distributes BECONASE ALLERGY & HAYFEVER

Viatris Pty Ltd

Level 1, 30 The Bond

30 – 34 Hickson Road

Millers Point NSW 2000

[www.viatris.com.au](http://www.viatris.com.au)

Phone: 1800 274 276

This leaflet was prepared in December 2022.

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