

Patient Information Leaflet  
**EXNISE NASAL SPRAY 0.05% w/v**  
Mometasone Furoate 50mcg/dose

**Please read this leaflet carefully before you start using this medicine.**

- 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. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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**1. What EXNISE is and what it is used for?**

**What is EXNISE?**

EXNISE Nasal Spray contains mometasone furoate, one of a group of medicines called corticosteroids. Mometasone furoate should not be confused with "anabolic" steroids misused by some athletes and taken as tablets or injections. When tiny amounts of mometasone furoate are sprayed into the nose, it can help to relieve inflammation, sneezing, itching and a blocked up or runny nose.

**What is EXNISE used for?**

EXNISE is used in adults and children aged 2 and older to treat the symptoms of seasonal or perennial rhinitis. To help prevent moderate to severe symptoms of seasonal allergic rhinitis, EXNISE may be used 2 to 4 weeks before the beginning of the pollen season.

In adults aged 18 and over, EXNISE is also used to treat nasal polyps.

EXNISE may also be used in adults and children 12 years of age and older for the treatment of symptoms of acute rhinosinusitis (inflammation and blockage of the sinuses behind the nose) without signs or symptoms of bacterial infection.

**What is seasonal and perennial rhinitis?**

Seasonal allergic rhinitis, which occurs at certain times of the year, is an allergic reaction caused by breathing in pollen from trees, grasses, weeds and also moulds and fungal spores. Perennial rhinitis occurs throughout the year and symptoms can be caused by a sensitivity to a variety of things including house dust mite, animal hair (or dander), feathers and certain foods. These allergies cause a runny nose and sneezing and make the lining of the nose swell, causing a stuffy blocked-up feeling. EXNISE reduces the swelling and irritation in your nose and so relieves sneezing, itching and a blocked-up or runny nose.

**What are nasal polyps?**

Nasal polyps are small growths on the lining of the nose and usually affect both nostrils.

The main symptom is a blocked feeling in the nose which may affect breathing through the nose. Watering from the nose, a feeling of something running down the back of the throat and loss of taste and smell may also occur. EXNISE reduces the inflammation in the nose, causing the polyps to gradually shrink.

**What is acute rhinosinusitis?**

Mild to moderate uncomplicated acute rhinosinusitis without signs and symptoms of bacterial infection is the inflammation and blockage of the sinuses behind the nose. Symptoms can include a stuffy or runny nose, feeling of something running down the back of the throat, and facial pressure or pain. EXNISE relieves these

symptoms by reducing the inflammation in the nose.

**2. Before you use EXNISE**

**Do not use EXNISE**

- if you are allergic (hypersensitive) to mometasone furoate or any of the other ingredients of EXNISE.

**Take special care with EXNISE**

- if you have an infection in your nose. You should wait until the infection is resolved before you start using the nasal spray.
- if you have recently had an operation on your nose or you have injured your nose. You should wait until it has healed before you start using the nasal spray.
- if you have or have ever had tuberculosis
- if you have herpes simplex (virus) infection of the eye
- if you have any other type of infection (fungal, bacterial or viral)
- if you are taking other corticosteroid medicines, either by mouth or by injection.
- if you have sores in the nose

While using EXNISE, avoid coming into contact with anyone who has measles or chickenpox. You should tell your doctor if you do come into contact with anyone who is suffering from these infections.

If you have been prescribed EXNISE for mild to moderate uncomplicated acute rhinosinusitis, consult your doctor if you develop signs or symptoms of bacterial infection (such as fever, persistent severe facial/tooth pain especially on one side of the face), facial swelling, worsening of symptoms after an initial improvement or thick nasal discharge with a yellow or green colour.

**Using other medicines**

If you are taking other corticosteroid medicines for allergy, either by mouth or injection, your doctor may advise you to stop taking them once you begin using EXNISE. A few people may find that once they discontinue oral or injected corticosteroids they suffer from some undesirable effects, such as joint or muscular pain, weakness and depression. If these occur you should inform your doctor who will advise about continuing use of your nasal spray. You may also seem to develop other allergies, such as itchy, watering eyes or patches of red and itchy skin. If you develop any of these effects and you are worried, you should see your doctor.

If you develop visual disturbances such as blurred vision while on EXNISE, please consult your doctor immediately.

**Pregnancy and breast-feeding**

You should not use EXNISE if you are pregnant unless your doctor has told you to. Tell your doctor if you are pregnant before you start using this medicine. You should not breast feed when you are using this medicine unless your doctor has told you to.

**3. How to use EXNISE**

Always use EXNISE exactly as your doctor has told you. You should check with your doctor or pharmacist if you

are not sure. Do not use a larger dose or use the spray more often or for longer than your doctor tells you to.

- **For treatment of seasonal and perennial rhinitis**

**Adults and children over 12 years old**

The usual dose is two sprays into each nostril once a day for adults (including the elderly) and children over the age of 12 years.

- Once your symptoms are under control, your doctor may advise you to only spray once into each nostril once a day.
- If you do not start to feel any better, you should see your doctor and he may tell you to increase the dose to the maximum daily dose of four sprays into each nostril once a day. Once your symptoms are controlled your doctor may advise you to reduce the dose.

**Children aged 2 to 11 years**

The usual dose is one spray into each nostril once daily.

Young children should be aided by an adult when using EXNISE.

Long term use of nasal steroids at high doses may cause slowing of growth in children. Your doctor may check your child's height at intervals during treatment and reduce the dose if any effects are seen.

If you suffer badly from seasonal allergic rhinitis, your doctor may tell you to start using EXNISE two to four weeks before the start of the pollen season, as this will help to prevent your seasonal allergic rhinitis symptoms from occurring. At the end of the pollen season your seasonal allergic rhinitis symptoms should get better and treatment may then not be needed.

- **For treatment of nasal polyps**

The usual starting dose for adults aged 18 and over is two sprays into each nostril once daily.

- If symptoms are not controlled, the dose may be increased to two sprays in each nostril twice daily. Once symptoms are under control, your doctor should ask you to reduce your dose to the lowest amount where symptoms are still controlled.

- **For treatment of acute rhinosinusitis:**

Adults and children 12 years of age and older: The usual recommended dose is two sprays (50 micrograms/spray) into each nostril twice daily (total daily dose of 400 micrograms). If no improvement in symptoms is seen after 15 days of twice daily administration, you should contact your doctor to discuss other treatments to replace EXNISE. If symptoms get worse during treatment you should contact your doctor.

**Preparing your nasal spray for use**

Your EXNISE Nasal Spray has a dust cap, which protects the nozzle and keeps it clean. Remember to take this off before using the spray and to replace it after use.

If you are using the spray for the first time you need to 'prime' the bottle by pumping the spray 10 times until a fine mist is produced:

1. Gently shake the bottle.
2. Put your forefinger and middle finger either side of the nozzle and your thumb underneath the bottle. **Do Not** pierce the nasal applicator.
3. Point the nozzle away from you and then press down with your fingers to pump the spray 10 times until a fine mist is produced.

If you have not used the spray for 14 days or more, you need to "re-prime" the bottle by pumping the spray 2 times until a fine mist is produced.

**How to use your nasal spray**

1. Shake the bottle gently and remove the dust cap. (Figure 1)
2. Gently blow your nose.

3. Close one nostril and put the nozzle into the other nostril as shown (Figure 2). Tilt your head forward slightly, keeping the bottle upright.



4. Start to breathe in gently or slowly through your nose and whilst you are breathing in squirt a spray of fine mist into your nose by pressing down ONCE with your fingers.
5. Breathe out through your mouth. Repeat step 4 to inhale a second spray in the same nostril, if applicable.
6. Remove the nozzle from this nostril and breathe out through the mouth.



7. Repeat steps 3 to 6 for the other nostril (Figure 3).

After using the spray, wipe the nozzle carefully with a clean handkerchief or tissue and replace the dust cap.

**Cleaning your nasal spray**

- It is important to clean your nasal spray regularly, otherwise it may not work properly.
- Remove the dust cap and gently pull off the nozzle.
- Wash the nozzle and dust cap in warm water and then rinse under a running tap.
- **Do not try to unblock the nasal applicator by inserting a pin or other sharp object as this will damage the applicator and cause you not to get the right dose of medicine.**
- Allow the dust cap and nozzle to dry in a warm place.
- Push the nozzle back onto the bottle and replace the dust cap.
- The spray will need to be primed again with 2 sprays when first used after cleaning.

**If you use more EXNISE than you should**

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

If you use steroids for a long time or in large amounts they may, rarely, affect some of your hormones. In children this may affect growth and development.

**If you forget to use EXNISE**

If you forget to use your nasal spray at the right time, use it as soon as you remember, then carry on as before.

Do not take a double dose to make up for a forgotten dose.

**If you stop using EXNISE**

In some patients EXNISE should begin to relieve symptoms 12 hours after the first dose; however full benefit of treatment may not be seen for up to two days. It is very important that you use your nasal spray regularly. Do not stop your treatment even if you feel better unless told to do so by your doctor.

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

**4. Possible side effects**

Like all medicines, EXNISE can cause side effects, although not everybody gets them. Rarely, immediate hypersensitivity (allergic) reactions may occur after use of this product. Very rarely, these reactions may be severe. If you have any wheezing or have trouble breathing, get immediate medical help. In rare cases, treatment with corticosteroid nasal sprays like EXNISE has led to an increase in pressure in the eye (glaucoma), causing visual disturbances and damage to the partition in the nose which separates the nostrils. Contact your doctor if you notice any of these side effects.

**Other side effects**

Most people do not have any problems after using the nasal spray. However, a few people after using EXNISE or other corticosteroid nasal sprays may find that they suffer from:

- headache

- sneezing
- nose bleeds
- sore nose or throat
- alterations in taste or smell which may occur very rarely
- diarrhoea
- nausea
- stomach pain
- chest pain, irregular or fast heartbeat which may occur very rarely
- Blurred vision

**Children**

When used at high doses for long periods of time, corticosteroid nasal sprays may cause certain side-effects, such as growth reduction in children.

It is recommended that the height of children receiving long-term treatment with nasal corticosteroids is regularly monitored and if any changes are noted, their doctor should be notified.

If any of these side-effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

**5. How to store EXNISE**

- Keep out of the reach and sight of children.
- Store the nasal spray below 30°C. Store away from heat. Do not freeze it.
- Do not use EXNISE after the expiry date, which is stated on the bottle and carton after EXP. The expiry date refers to the last day of that month.
- The nasal spray should be discarded within 2 months from first use.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

**6. Further information**

**What EXNISE contains**

- The active substance is mometasone furoate. Each spray contains 50 micrograms of mometasone furoate, as the monohydrate.
- The other ingredients are Microcrystalline cellulose and carmellose sodium (Avicel RC-591), glycerol, citric acid monohydrate, sodium citrate dihydrate, polysorbate 80, benzalkonium chloride and purified water. Preservative: benzalkonium chloride.

**What EXNISE looks like and contents of the pack**

EXNISE NASAL SPRAY is a milky white suspension of mometasone furoate monohydrate filled into white high-density polyethylene (HDPE) bottles. The nasal spray unit consists of the white HDPE bottle, a pump and a separate actuator with a cap.

Each bottle contains 60 sprays or 140 sprays.

Bottles containing 60 sprays or 140 sprays are supplied in single packs.

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