

## PATIENT INFORMATION

VERAMYST® [*VAIR-uh-mist*]

(fluticasone furoate)

Nasal Spray

FOR INTRANASAL USE ONLY

Read the Patient Information that comes with VERAMYST Nasal Spray carefully before you start using it and each time you get a refill. There may be new information. Keep the leaflet for reference because it gives you a summary of important information about VERAMYST Nasal Spray. This leaflet does not take the place of talking to your healthcare provider about your medical condition or your treatment.

### What is VERAMYST Nasal Spray?

VERAMYST is a medicine that treats seasonal and year-round allergy symptoms in adults and children 2 years old and older.

VERAMYST contains fluticasone furoate, which is a man-made (synthetic) corticosteroid. Corticosteroids are natural substances found in the body that reduce inflammation. When you spray VERAMYST into your nose, it helps reduce the nasal symptoms of allergic rhinitis (inflammation of the lining of the nose), such as stuffy nose, runny nose, itching, and sneezing. VERAMYST may also help red, itchy, and watery eyes in adults and teenagers with seasonal allergic rhinitis.

Your healthcare provider has prescribed VERAMYST to treat your symptoms of allergic rhinitis.

### What should I tell my healthcare provider before taking VERAMYST Nasal Spray?

**Tell your healthcare provider about all of your medical conditions, including if you are:**

- pregnant (or planning to become pregnant).
- breastfeeding a baby.
- allergic to any of the ingredients in VERAMYST or any other nasal corticosteroid. See “**What are the ingredients in VERAMYST Nasal Spray?**” below for a complete list of ingredients.
- exposed to chickenpox or measles.
- feeling unwell or have any symptoms that you do not understand.

**Tell your healthcare provider about all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal products. VERAMYST and other medicines may affect each other, causing side effects. **Be certain to tell your healthcare provider if you are taking a medicine that contains ritonavir (commonly used to treat HIV infection or AIDS).**

### How should I use VERAMYST Nasal Spray?

- This medicine is for use in the nose only. Do not spray it in your eyes or mouth.
- An adult should help a young child use this medicine.
- This medicine has been prescribed for you by your healthcare provider. DO NOT give this medicine to anyone else.
- Use VERAMYST exactly as your healthcare provider tells you to. DO NOT take more of your medicine or take it more often than your healthcare provider tells you. The prescription label will usually tell you how many sprays to take and how often. If it does not or if you are not sure, ask your healthcare provider or pharmacist.
- **For people aged 12 years and older**, the usual starting dosage is *2 sprays in each nostril, once a day*. After you begin to feel better, your healthcare provider may tell you that 1 spray in each nostril once a day may be enough for you.
- **For children aged 2 to 11 years**, the usual starting dosage is *1 spray in each nostril, once a day*. Your healthcare provider may tell you to take 2 sprays in each nostril once a day. After you begin to feel better, your healthcare provider may change the dosage to 1 spray in each nostril once a day. An adult should help a young child use this medicine.
- Do not use VERAMYST after 120 sprays (plus the initial priming sprays) have been used or after the expiration date, whichever comes first. (The sample bottle contains 30 sprays.) The bottle may not be completely empty. The expiration date is printed as “EXP” on the product label and box. Before you throw away VERAMYST, talk to your healthcare provider to see if you need a refill of your prescription. If your healthcare provider tells you to continue using VERAMYST, throw away the empty or expired bottle and use a new bottle of VERAMYST. Follow the **Patient Instructions for Use** below.
- Do not take extra doses or stop taking VERAMYST without telling your healthcare provider.
- VERAMYST may begin to work within 24 hours after you take your first dose. It may take several days before it has its greatest effect.
- You will get the best results if you keep using VERAMYST regularly each day without missing a dose. If you miss a dose by several hours, just take your next dose at the usual time. DO NOT take an extra dose.

### **What are the possible side effects of VERAMYST Nasal Spray?**

Some patients taking VERAMYST had nosebleeds or nasal sores. These are not all of the possible side effects of VERAMYST. For more information, ask your healthcare provider or pharmacist.

### **What are other risks of using VERAMYST?**

- Some patients may get a nasal fungal infection. This happened in about 1 out of 1,000 patients in clinical studies with VERAMYST.
- Corticosteroids can slow the healing of wounds. Do not use VERAMYST until your nose has healed if you have a sore in your nose, if you have surgery on your nose, or if your nose has been injured.
- Some patients may have eye problems, including glaucoma and cataracts. You should have

regular eye exams.

- Immune system effects may increase the risk of infections.
- Corticosteroids may slow growth in children. A child taking VERAMYST should have his/her growth checked regularly.

### What should I know about allergic rhinitis?

“Rhinitis” means inflammation of the lining of the nose. It is sometimes called “hay fever.” Allergic rhinitis can be caused by allergies to pollen, animal dander, house dust mite, and mold spores. If you have allergic rhinitis, your nose becomes stuffy, runny, and itchy. You may also sneeze a lot. You may also have red, itchy, watery eyes; itchy throat; or blocked, itchy ears.

### What are the ingredients in VERAMYST Nasal Spray?

Active ingredient: fluticasone furoate.

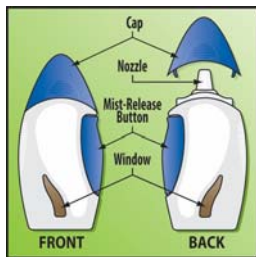
Inactive ingredients: 0.015% w/w benzalkonium chloride, dextrose anhydrous, edetate disodium, microcrystalline cellulose, carboxymethylcellulose sodium, polysorbate 80, and purified water.

### Patient Instructions for Use

Read this leaflet carefully before you start to use VERAMYST Nasal Spray. If you have any questions, ask your healthcare provider.

### The parts of the VERAMYST Nasal Spray

VERAMYST Nasal Spray comes in a brown glass bottle inside a nasal device. Be careful not to drop it. If you accidentally drop the device, check it for damage. If the device is damaged, return it to your pharmacist.



The **Cap** has a tab that keeps the **Mist-Release Button** from being pressed accidentally. It also helps keep the nozzle clean. Do not throw the cap away. Always keep the cap on the device when you are not using it.

The **Nozzle** is small and short, so it will fit inside your nose. The medicine comes out of the nozzle.

Pressing the **Mist-Release Button** sprays a measured amount of medicine from the nozzle as a gentle, fine mist. Because the button is on the side of the device, you can keep the nozzle in the right place in your nose while you press the button.

The **Window** lets you see if there is medicine left in the bottle.

### How to prime your VERAMYST Nasal Spray



**Figure 1**



**Figure 2**

Priming helps to make sure you always get the same full dose of medicine. You need to prime VERAMYST Nasal Spray:

- before you use a new bottle for the first time.
- if you have not used your VERAMYST Nasal Spray for 30 days or longer.
- if the cap has been left off the bottle for 5 days or longer.

To prime VERAMYST Nasal Spray:

1. With the cap on, shake the device well.
2. Take the cap off by **squeezing** the finger grips and pulling it straight off (Figure 1). Do not press the button while you take off the cap.
3. Hold the device with the nozzle pointing up and away from you. Place your thumb on the button. Then **firmly press** and release the button 6 times or until a fine mist is sprayed from the nozzle (Figure 2). Your VERAMYST Nasal Spray is now ready to use.

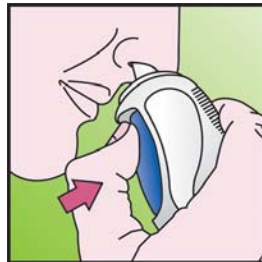
## How to use your VERAMYST Nasal Spray

Follow the instructions below. If you have any questions, ask your healthcare provider or pharmacist.

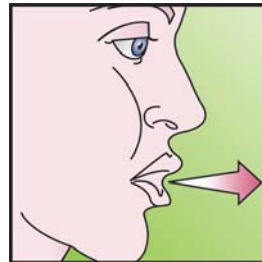
Before taking a dose of VERAMYST Nasal Spray, gently blow your nose to clear your nostrils. Then do these 3 simple steps: **Place, Press, Repeat**.



**Figure 3**



**Figure 4**



**Figure 5**



**Figure 6**

### 1. PLACE

Tilt your head forward a little bit. Hold the device upright. **PLACE** the nozzle in one of your nostrils (Figure 3).

Point the end of the nozzle toward the side of your nose, away from the center of your nose (septum). This helps get the medicine to the right part of your nose.

### 2. PRESS

**Firmly PRESS** the button 1 time to spray the medicine in your nose while you are breathing in (Figure 4).

**Do not get any spray in your eyes.** If you do, rinse your eyes well with water.

Take the nozzle out of your nose. Breathe out through your mouth (Figure 5).

### 3. REPEAT

To deliver the medicine to the other nostril, **REPEAT** Steps 1 and 2 in the other nostril (Figure 6).

If your healthcare provider has told you to take 2 sprays in each nostril, do Steps 1-3 again. Put the cap back on the device after you have finished taking your dose.

### How to clean your VERAMYST Nasal Spray



Figure 7

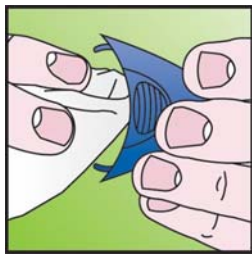


Figure 8

**After each use:** wipe the nozzle with a clean, dry tissue (Figure 7). Never try to clean the nozzle with a pin or anything sharp because this may damage the nozzle.

**Once a week:** clean the inside of the cap with a clean, dry tissue (Figure 8). This will help keep the nozzle from getting blocked.

### How to store your VERAMYST Nasal Spray

- Keep your VERAMYST Nasal Spray and all medicines out of the reach of children.
- Store between 59° and 86°F (15° and 30°C). Do not refrigerate or freeze.
- Store with the cap on.
- Store in an upright position.



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