

FLONASE ALLERGY RELIEF
QUICK START GUIDE
HOW TO START GETTING
ALLERGY RELIEF RIGHT NOW

FLONASE ALLERGY RELIEF
QUESTIONS & ANSWERS

WHAT FLONASE IS, HOW TO USE IT,
AND WHAT TO EXPECT

UNDERSTANDING FLONASE
What FLONASE is, and how it works.

What is FLONASE Allergy Relief?
FLONASE Allergy Relief is an effective allergy medicine that you can buy without a prescription. It works directly in the nose to help block your allergic reactions. FLONASE relieves allergy symptoms caused by pollen, mold, dust and pets.

What is the active ingredient in FLONASE Allergy Relief?
The active ingredient in FLONASE Allergy Relief is called fluticasone propionate. Fluticasone propionate is a glucocorticoid—a substance produced naturally by your body to help fight inflammation. It works in your nose to relieve your allergy symptoms. Barely any of it travels through your body. It's been prescribed by doctors for over 20 years, and used effectively by millions.

A glucocorticoid is a kind of steroid that is different from the anabolic (muscle-building) steroids sometimes misused by athletes. In fact, world class athletes are allowed to use glucocorticoids during competition to treat their allergies.

Who should not use FLONASE Allergy Relief?
For complete guidance, check the Drug Facts label on the back of the FLONASE Allergy Relief package.

Can I use FLONASE for asthma?
No, FLONASE is not a treatment for asthma. Ask your doctor what medicine to take for your asthma.

Can I use FLONASE for colds?
No, use FLONASE to treat only your allergies — not your cold symptoms. If you're not sure whether your symptoms come from allergies or a cold, ask your doctor.

What happens when you have allergies?
Allergies start when allergens like pollen or pet dander enter your body and trigger your immune system to respond. **Your body's natural response** is to release multiple inflammatory substances, (also referred to as mediators) that cause your allergy symptoms.

How does FLONASE work?
FLONASE Allergy Relief works right in your nose to help block your allergic reaction at the source to relieve the symptoms that make you uncomfortable. **FLONASE** acts on multiple inflammatory substances, including histamine, prostaglandins, cytokines, tryptases, chemokines and leukotrienes. Most common OTC allergy pills act on histamine alone.

Because of the way it works, it may take several days for FLONASE to reach maximum effect. That's why it's best to use FLONASE regularly, once a day. FLONASE not only relieves sneezing, itchy nose, runny nose and itchy, watery eyes, but also relieves nasal congestion.

What problems can FLONASE Allergy Relief help with?

Allergies can cause uncomfortable symptoms like congestion and itchy eyes. These symptoms can be triggered by allergens like pollen, mold, dust or pet dander. **FLONASE Allergy Relief helps relieve a broad range of symptoms** from many allergens. For example, FLONASE helps with:

Symptoms	Triggers
Nasal symptoms • Congestion • Runny nose • Sneezing • Itchy nose	Outdoor allergens • Weed pollen • Grass pollen • Tree pollen • Mold spores
Eye symptoms • Itchy eyes • Watery eyes	Animal allergens • Cats • Dogs
	Indoor allergens • Dust • Dust mites • Mold

Who should not use FLONASE or check with a doctor first?
Some people should not use FLONASE, or need to check with a health professional first. This table offers a quick summary of these situations.

If you...	Here's what to do...
Are younger than 4	Do not use FLONASE
Are pregnant or breast-feeding	Talk to a health professional before using FLONASE
Have or had glaucoma or cataracts	Talk to your doctor before using FLONASE
Have an injury or surgery to your nose that is not fully healed	Do not use FLONASE
Have ever had an allergic reaction to Flonase or any of its ingredients	Do not use FLONASE
Are taking a medicine for HIV infection (such as ritonavir)	Talk to your doctor or pharmacist before using FLONASE
Are taking ketoconazole pills (medicine for fungal infection)	Talk to your doctor or pharmacist before using FLONASE
Are using a steroid medicine for asthma, allergies, skin rash, allergic reactions, inflammation or eye conditions	Talk to your doctor or pharmacist before using FLONASE

USING FLONASE
How to get the best results with FLONASE.

Read the Drug Facts label on the back of the package or the Quick Start Guide on the other side for simple directions on using FLONASE Allergy Relief. Watch for purple color—it shows where there is different information for children ages 4-11, compared to users age 12 or older.

If you still have questions about using FLONASE after reading the Quick Start Guide, read this section for answers.

I know how to use a nasal spray. Why do I have to follow the directions?

If you don't use the spray bottle correctly, you might not get a full dose. Without a full dose each time, you might not get the relief you deserve. **Follow the simple directions in the Quick Start Guide** on other side.

If my symptoms go away, should I stop using FLONASE Allergy Relief?

You may be tempted to stop using FLONASE Allergy Relief when you start to feel better. **It's important you keep using FLONASE daily as long as you're exposed to allergens** that bother you, like pollen, mold, dust or pet dander. This way you'll keep feeling relief. If you suffer allergy symptoms only during certain times, like when pollen levels are high, you may stop using FLONASE when that time ends. If you are age 12 or older and need to use daily for longer than 6 months or age 4-11 and need to use for longer than 2 months a year, check with your doctor.

What if I miss a dose by accident?
If you miss a dose, just use your regular dose the next day. Don't add an extra dose to make up for it.

Can I keep using FLONASE Allergy Relief year round?
Some people suffer from allergies all year. If you are age 12 or older and have used FLONASE Allergy Relief steadily for six months or age 4-11 and have used for two months a year, check with your doctor to make sure it's OK to keep using FLONASE daily. In fact, it's a good idea for anyone with persistent allergies to talk with a doctor every so often about symptoms and medicines.

Can I share my FLONASE Allergy Relief?

Do not share a bottle of FLONASE Allergy Relief. Sharing the bottle can spread germs, because you insert the nozzle in your nose.

Can I spray FLONASE Allergy Relief in my eyes or mouth?
No, FLONASE is meant to work only in your nose to relieve your allergy symptoms, including itchy, watery eyes. **Never spray FLONASE in your eyes or your mouth.**

Some decongestants may increase blood pressure. Does FLONASE increase blood pressure?
When used as directed, FLONASE does not increase blood pressure.

Won't I waste product by priming?
It's not a waste to prime the pump, because it helps you get a full dose. Getting a full dose is important for getting the relief you deserve. See the Quick Start Guide for when and how to prime the pump. **Don't worry about running out due to priming.** There is enough medicine in the spray bottle to allow for priming sprays plus the number of sprays labeled on the bottle. **Always point the spray bottle away from your face** when priming.

How long should a bottle of FLONASE Allergy Relief last?
This table shows roughly how long your bottle will last. It assumes you follow the instructions for priming the pump, and that those age 12 or older use two sprays in each nostril every day while children age 4-11 use one spray in each nostril every day. After you've used the number of sprays shown on the label, each spray may not deliver a full dose—even if there is liquid left in the bottle.

If the label says...	The bottle should last ages 12+...	The bottle should last ages 4-11...
30 sprays	1 week	2 weeks
60 sprays	2 weeks	4 weeks
72 sprays	2.5 weeks	5 weeks
90 sprays	3 weeks	6 weeks
144 sprays	5 weeks	10 weeks*

*Check with a doctor if a child 4-11 needs to use longer than 2 months a year

Is FLONASE Allergy Relief OK to use with other medicines?
You should tell your doctor about all the medicines you take, including FLONASE. FLONASE Allergy Relief can be used with most non-prescription and prescription medicines. However, there are a few medicines to look out for because they may cause the level of FLONASE in your body to become too high. **Just to be safe, check the table on next panel** to see if you're taking any of these medicines.

If you're taking...	Here's what to do...
Medicines for HIV infection (such as ritonavir)	Talk to your doctor or pharmacist before using FLONASE
Medicines with glucocorticoids (including some medicines for skin rash such as eczema, asthma, inflammation, allergic reactions, or eye conditions)	Talk to your doctor or pharmacist before using FLONASE
Ketoconazole (Pills for fungal infection)	Talk to your doctor or pharmacist before using FLONASE

What are the differences in the way children age 4-11 should use FLONASE Allergy Relief?
Children age 4-11 should use a **lower dose** of Flonase for a **shorter period of time**.

Ages	Children 4-11 years of age	Users 12 years of age and older
Dosage	1 spray in each nostril once daily	Up to 2 sprays in each nostril once daily
Duration before checking with a doctor	Up to 2 months of use a year	Up to 6 months of daily use

Why is the use of FLONASE Allergy Relief for children age 4-11 limited to 2 months a year before checking with a doctor?

When used long-term, intranasal glucocorticoids like FLONASE may cause the growth rate of some children to be slower. Whether this will affect a child's ultimate height is not known. As a precaution, children should use for the **shortest amount of time necessary** to achieve symptom relief. Talk to your child's doctor if your child needs to use the spray for longer than 2 months a year.

WHAT TO EXPECT
What it's like to use FLONASE.

How soon will I get relief?
You may start to feel relief the first day you use FLONASE Allergy Relief. Keep using it every day, though. It takes several days before FLONASE builds up to full effectiveness.

How long will the relief last?
FLONASE is meant to control your symptoms every day, all day and all night. To help you get this lasting relief, it's important to use FLONASE regularly, once a day.

Does FLONASE Allergy Relief cause a "rebound" effect?
No, FLONASE Allergy Relief does not cause a rebound effect. Some nasal decongestant sprays may cause your nasal passages to swell up even more when you use them too often or for longer than their label says you should (three days). This is sometimes called a "rebound effect". FLONASE is a different kind of medicine and does not cause any rebound effect. You can use FLONASE for up to six months if you are age 12 or older or up to two months a year if you are age 4-11 before checking with a doctor.

Will FLONASE make me drowsy?
No, FLONASE does not cause drowsiness. Some allergy medications can cause drowsiness, but FLONASE does not.

Why does FLONASE have a smell?
The light floral scent you may notice comes from one of the important ingredients in the FLONASE formula. No fragrance is added to FLONASE.

What if little or nothing is spraying out?
Try priming the spray bottle. It may take a few pumps to get the dispenser spraying again. If that doesn't work, the spray nozzle may be clogged. You can clean it following the directions in the Quick Start Guide on the other side.

What if I feel stinging in my nose, or I sneeze?
Some people may feel a slight stinging, or may sneeze, after spraying FLONASE Allergy Relief in their nostrils. **This feeling should go away in a few seconds.**

What if I feel or taste the medicine in my throat?
Generally, you can avoid this by taking a shallower breath next time you spray FLONASE into your nostrils. For example, take the kind of breath you would use to smell a flower.

What if I have chicken pox, measles or tuberculosis or come into contact with someone who does?
Stop using FLONASE Allergy Relief and ask your doctor.

What if I'm having severe sinus pain?

If you feel severe pain in your face, have thick nasal discharge, or think you may have a sinus infection, **stop using FLONASE Allergy Relief and see your doctor.** Your doctor may want to consider if other medicines are needed.

What if my symptoms aren't better after one week?

If you have used FLONASE for a week and your allergy symptoms are not getting better, **stop use and ask your doctor.** You may have an infection.

Does FLONASE Allergy Relief have side effects?

Serious side effects are rare with FLONASE Allergy Relief because FLONASE works in your nose, and barely any of it travels through your body.

However, like all medicines, FLONASE can cause side effects in some people. Here are some side effects that have been reported when using FLONASE. If you have any concerns about side effects, talk with your doctor.

Side effect	What could happen	What to do
Allergic reaction to the product	• Sudden swelling of face or tongue • A rash • Wheezing or feeling faint	If you feel any of these symptoms, stop using FLONASE and see a doctor right away.
Nose injury	• Severe or frequent nosebleeds • Constant whistling sound that does not go away	Apply pressure to your nose. Stop using FLONASE and see a doctor. This could be a sign of damage to your nose. Stop using FLONASE and see a doctor right away.
Eye conditions such as cataracts or glaucoma	• Cloudy vision	Have a yearly eye exam to check for these conditions. Read the Drug Facts on the back of the FLONASE package for more details.
Growth effects	• Slower growth rate in some children while using product	Talk to your doctor if you are concerned or if a child age 4-11 needs to use FLONASE for longer than two months a year.
Other side effects	• Headaches or sneezing • Bad taste or smell • Minor nosebleeds • Dry or irritated nose or throat	Talk to your doctor or pharmacist if you are concerned.

STILL HAVE QUESTIONS?
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USE THE RIGHT DOSE

FLONASE Allergy Relief works best when you use it daily. Here's how to get started.

Children age 4-11

An adult should supervise use
Use one spray in each nostril once daily.

If you miss a dose, just use your regular dose the next day. Don't add an extra dose.

Check with a doctor if a child needs to use FLONASE for longer than two months a year.

Users age 12 or older

In your first week
Use two sprays in each nostril every day.

After your first week
If your symptoms are under control, you may reduce to one spray in each nostril every day. If your symptoms get worse, go back to two sprays in each nostril. **If you miss a dose,** just use your regular dose the next day. Don't add an extra dose.

WARNING: Do not spray in your eyes. Only for use in your nose.

KEEP IT CLEAN
A clean spray nozzle helps ensure a full dose. Clean it weekly, or if it's clogged. Don't try to unblock nozzle with pin or sharp object—that can damage it.

1

Remove spray nozzle by grasping at base and pulling up.

2

Rinse under running tap, and dry at room temperature.

3

Aim away from your face and gently replace spray nozzle until you hear a soft click.

If spray nozzle is clogged, soak in warm water. Then repeat steps **2** and **3**.

GET THE RELIEF YOU NEED

FLONASE Allergy Relief can relieve your allergy symptoms. For best results, it's important to get a full dose. Here's how, in five easy steps.

1 Shake

Gently shake spray bottle.

Remove green cap.

2 Prime

Do this when:
• Starting new bottle
• Haven't used it in a week
• Just cleaned nozzle
Otherwise go to Step 3.

Aim away from face. Grasp spray bottle as shown. Pump until fine mist appears. Pumped six times and still no mist? Spray nozzle may be clogged. See **KEEP IT CLEAN**.

3 Blow

Blow nose gently to clear nostrils.

4 Aim

Close one nostril and put tip of spray nozzle in other nostril.

Put just the tip into your nose.

5 Breathe and Spray

Aim slightly away from center of nose.

While sniffing gently, press down on spray nozzle once or twice (according to dosing instructions). You'll feel a light mist in your nose. Breathe out through your mouth.

Repeat in other nostril.
Wipe spray nozzle with clean tissue and replace cap.

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MONITORING ALLERGY RELIEF RIGHT NOW

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UNDERSTANDING FLONASE

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What happens when you have allergies?
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How does FLONASE work?
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What problems can FLONASE Allergy Relief help with?
Allergies can cause uncomfortable symptoms like congestion and itchy eyes. These symptoms can be triggered by allergens like pollen, mold, dust or pet dander. **FLONASE Allergy Relief helps relieve a broad range of symptoms** from many allergens. For example, FLONASE helps with:

Symptoms	Triggers
Nasal symptoms • Congestion • Runny nose • Sneezing • Itchy nose	Outdoor allergens • Weed pollen • Grass pollen • Tree pollen • Mold spores
Eye symptoms • Itchy eyes • Watery eyes	Animal allergens • Cats • Dogs
	Indoor allergens • Dust • Dust mites • Mold

Who should not use FLONASE or check with a doctor first?
Some people should not use FLONASE, or need to check with a health professional first. This table offers a quick summary of these situations.

If you...	Here's what to do...
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Have or had glaucoma or cataracts	Talk to your doctor before using FLONASE
Have an injury or surgery to your nose that is not fully healed	Do not use FLONASE
Have ever had an allergic reaction to flonase or any of its ingredients	Do not use FLONASE
Are taking a medicine for HIV infection (such as ritonavir)	Talk to your doctor or pharmacist before using FLONASE
Are taking ketoconazole pills (medicine for fungal infection)	Talk to your doctor or pharmacist before using FLONASE
Are using a steroid medicine for asthma, allergies, skin rash, allergic reactions, inflammation or eye conditions	Talk to your doctor or pharmacist before using FLONASE

USING FLONASE

How to get the best results with FLONASE.

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What if I miss a dose by accident?
If you miss a dose, just use your regular dose the next day. Don't add an extra dose to make up for it.

Can I keep using FLONASE Allergy Relief year round?
Some people suffer from allergies all year. If you are age 12 or older and have used FLONASE Allergy Relief steadily for six months or age 4-11 and have used for two months a year, check with your doctor to make sure it's OK to keep using FLONASE daily. In fact, it's a good idea for anyone with persistent allergies to talk with a doctor every so often about symptoms and medicines.

Can I share my FLONASE Allergy Relief?

Do not share a bottle of FLONASE Allergy Relief. Sharing the bottle can spread germs, because you insert the nozzle in your nose.

Can I spray FLONASE Allergy Relief in my eyes or mouth?
No, FLONASE is meant to work only in your nose to relieve your allergy symptoms, including itchy, watery eyes. **Never spray FLONASE in your eyes or your mouth.**

Some decongestants may increase blood pressure. Does FLONASE increase blood pressure?

When used as directed, FLONASE does not increase blood pressure.

Won't I waste product by priming?
It's not a waste to prime the pump, because it helps you get a full dose. Getting a full dose is important for getting the relief you deserve. See the Quick Start Guide for when and how to prime the pump. **Don't worry about running out due to priming.** There is enough medicine in the spray bottle to allow for priming sprays plus the number of sprays labeled on the bottle. **Always point the spray bottle away from your face** when priming.

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This table shows roughly how long your bottle will last. It assumes you follow the instructions for priming the pump, and that those age 12 or older use two sprays in each nostril every day while children age 4-11 use one spray in each nostril every day. After you've used the number of sprays shown on the label, each spray may not deliver a full dose—even if there is liquid left in the bottle.

If the label says...	The bottle should last age 12+...	The bottle should last age 4-11...
30 sprays	1 week	2 weeks
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144 sprays	5 weeks	10 weeks*

*Check with a doctor if a child 4-11 needs to use longer than 2 months a year

Is FLONASE Allergy Relief OK to use with other medicines?
You should tell your doctor about all the medicines you take, including FLONASE. FLONASE Allergy Relief can be used with most non-prescription and prescription medicines. However, there are a few medicines to look out for because they may cause the level of FLONASE in your body to become too high. **Just to be safe, check the table on next panel** to see if you're taking any of these medicines.

If you're taking...	Here's what to do...
Medicines for HIV infection (such as ritonavir)	Talk to your doctor or pharmacist before using FLONASE
Medicines with glucocorticoids (including some medicines for skin rash such as eczema, asthma, inflammation, allergic reactions, or eye conditions)	Talk to your doctor or pharmacist before using FLONASE
Ketoconazole (Pills for fungal infection)	Talk to your doctor or pharmacist before using FLONASE

What are the differences in the way children age 4-11 should use FLONASE Allergy Relief?

Children age 4-11 should use a **lower dose** of Flonase for a **shorter period of time**.

Ages	Children 4-11 years of age	Users 12 years of age and older
Dosage	1 spray in each nostril once daily	Up to 2 sprays in each nostril once daily
Duration before checking with a doctor	Up to 2 months of use a year	Up to 6 months of daily use

Why is the use of FLONASE Allergy Relief for children age 4-11 limited to 2 months a year before checking with a doctor?

When used long-term, intranasal glucocorticoids like FLONASE may cause the growth rate of some children to be slower. Whether this will affect a child's ultimate height is not known. As a precaution, children should use for the shortest amount of time necessary to achieve symptom relief. Talk to your child's doctor if your child needs to use the spray for longer than 2 months a year.

WHAT TO EXPECT

What it's like to use FLONASE.

How soon will I get relief?
You may start to feel relief the first day you use FLONASE Allergy Relief. Keep using it every day, though. It takes several days before FLONASE builds up to full effectiveness.

How long will the relief last?
FLONASE is meant to control your symptoms every day, all day and all night. To help you get this lasting relief, it's important to use FLONASE regularly, once a day.

Does FLONASE Allergy Relief cause a "rebound" effect?
No, FLONASE Allergy Relief does not cause a rebound effect. Some nasal decongestant sprays may cause your nasal passages to swell up even more when you use them too often or for longer than their label says you should (three days). This is sometimes called a "rebound effect". FLONASE is a different kind of medicine and does not cause any rebound effect. You can use FLONASE for up to six months if you are age 12 or older or up to two months a year if you are age 4-11 before checking with a doctor.

Will FLONASE make me drowsy?
No, FLONASE does not cause drowsiness. Some allergy medications can cause drowsiness, but FLONASE does not.

Why does FLONASE have a smell?
The light floral scent you may notice comes from one of the important ingredients in the FLONASE formula. No fragrance is added to FLONASE.

What if little or nothing is spraying out?
Try priming the spray bottle. It may take a few pumps to get the dispenser spraying again. If that doesn't work, the spray nozzle may be clogged. You can clean it following the directions in the Quick Start Guide on the other side.

What if I feel stinging in my nose, or I sneeze?
Some people may feel a slight stinging, or may sneeze, after spraying FLONASE Allergy Relief in their nostrils. **This feeling should go away in a few seconds.**

What if I feel or taste the medicine in my throat?
Generally, you can avoid this by taking a shallower breath next time you spray FLONASE into your nostrils. For example, take the kind of breath you would use to smell a flower.

What if I have chicken pox, measles or tuberculosis or come into contact with someone who does?
Stop using FLONASE Allergy Relief and ask your doctor.

What if I'm having severe sinus pain?
If you feel severe pain in your face, have thick nasal discharge, or think you may have a sinus infection, **stop using FLONASE Allergy Relief and see your doctor.** Your doctor may want to consider if other medicines are needed.

What if my symptoms aren't better after one week?
If you have used FLONASE for a week and your allergy symptoms are not getting better, **stop use and ask your doctor.** You may have an infection.

Does FLONASE Allergy Relief have side effects?
Serious side effects are rare with FLONASE Allergy Relief because FLONASE works in your nose, and barely any of it travels through your body. However, like all medicines, FLONASE can cause side effects in some people. Here are some side effects that have been reported when using FLONASE. If you have any concerns about side effects, talk with your doctor.

Side effect	What could happen	What to do
Allergic reaction to the product	• Sudden swelling of face or tongue • A rash • Wheezing or feeling faint	If you feel any of these symptoms, stop using FLONASE and see a doctor right away.
Nose injury	• Severe or frequent nosebleeds • Constant whistling sound that does not go away	Apply pressure to your nose. Stop using FLONASE and see a doctor. This could be a sign of damage to your nose. Stop using FLONASE and see a doctor right away.
Eye conditions such as cataracts or glaucoma	• Cloudy vision	Have a yearly eye exam to check for these conditions. Read the Drug Facts on the back of the FLONASE package for more details.
Growth effects	• Slower growth rate in some children while using product	Talk to your doctor if you are concerned or if a child age 4-11 needs to use FLONASE for longer than two months a year.
Other side effects	• Headaches or sneezing • Bad taste or smell • Minor nosebleeds • Dry or irritated nose or throat	Talk to your doctor or pharmacist if you are concerned.

STILL HAVE QUESTIONS?
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FLONASE ALLERGY RELIEF

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HOW TO START GETTING ALLERGY RELIEF RIGHT NOW

USE THE RIGHT DOSE

FLONASE Allergy Relief works best when you use it daily. Here's how to get started.

Children age 4-11

An adult should supervise use
Use one spray in each nostril once daily.

1x 1x

Don't use more than one spray in each nostril per day.

If you miss a dose, just use your regular dose the next day. Don't add an extra dose.

Check with a doctor if a child needs to use FLONASE for longer than two months a year.

Users age 12 or older

In your first week
Use two sprays in each nostril every day.

2x 2x

Don't use more than two sprays in each nostril per day.

After your first week
If your symptoms are under control, you may reduce to one spray in each nostril every day. If your symptoms get worse, go back to two sprays in each nostril. **If you miss a dose,** just use your regular dose the next day. Don't add an extra dose.



WARNING: Do not spray in your eyes. Only for use in your nose.

KEEP IT CLEAN

A clean spray nozzle helps ensure a full dose. Clean it weekly, or if it's clogged. Don't try to unblock nozzle with pin or sharp object—that can damage it.

1

Remove spray nozzle by grasping at base and pulling up.

2

Rinse under running tap, and dry at room temperature.

3

Aim away from your face and gently replace spray nozzle until you hear a soft click.



If spray nozzle is clogged, soak in warm water. Then repeat steps 2 and 3.

GET THE RELIEF YOU NEED

FLONASE Allergy Relief can relieve your allergy symptoms. For best results, it's important to get a full dose. Here's how, in five easy steps.

1 Shake



Gently shake spray bottle.



Remove green cap.

2 Prime

Do this when:
• Starting new bottle
• Haven't used it in a week
• Just cleaned nozzle
Otherwise go to Step 3.

3 Blow



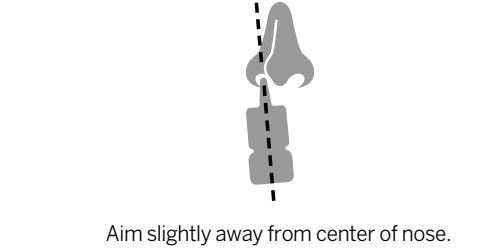
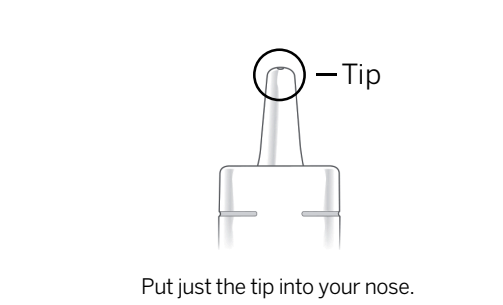
3 Blow



Blow nose gently to clear nostrils.

4 Aim

Close one nostril and put tip of spray nozzle in other nostril.



Aim slightly away from center of nose.

5 Breathe and Spray

While sniffing gently, press down on spray nozzle once or twice (according to dosing instructions). You'll feel a light mist in your nose. Breathe out through your mouth.

Repeat in other nostril.
Wipe spray nozzle with clean tissue and replace cap.

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