

HOW TO START GETTING ALLERGY RELIEF RIGHT NOW

FLONASE SENSIMIST ALLERGY RELIEF QUICK START GUIDE

FLONASE SENSIMIST ALLERGY RELIEF QUESTIONS & ANSWERS

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

UNDERSTANDING FLONASE SENSIMIST

What FLONASE SENSIMIST is, and how it works.

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

What is the active ingredient in FLONASE SENSIMIST Allergy Relief?
The active ingredient in FLONASE SENSIMIST Allergy Relief is called fluticasone furoate. Fluticasone furoate is a glucocorticoid. 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 years and used effectively by millions. Glucocorticoids are substances produced by your body to help fight inflammation. 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.

How does FLONASE SENSIMIST Allergy Relief differ from FLONASE Allergy Relief?
Both products contain the same type of allergy medicine and work the same way to relieve allergy symptoms. The important difference between the two products is that FLONASE SENSIMIST offers a different type of spray experience so you can pick the experience you prefer. For example, the FLONASE SENSIMIST pump is on the side of the bottle and is squeezed to produce a spray instead of being pressed down. Also FLONASE SENSIMIST delivers a different kind of spray feeling because it has a fine mist and has no smell.

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

Can I use FLONASE SENSIMIST for colds?
No, use FLONASE SENSIMIST 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 SENSIMIST work?
FLONASE SENSIMIST Allergy Relief works right in your nose to help block your allergic reaction at the source to relieve the symptoms that make you uncomfortable.

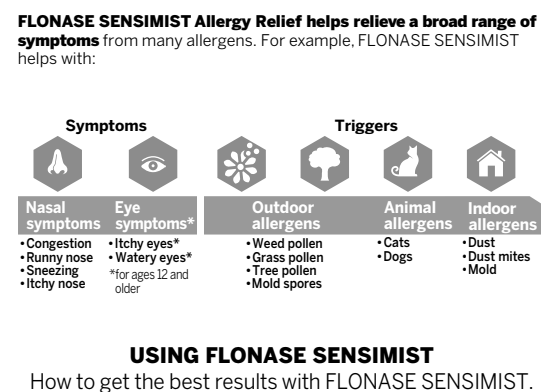
FLONASE SENSIMIST acts on multiple inflammatory substances, including histamine, prostaglandins, cytokines, tryptases, chemokines and leukotrienes. Most common OTC allergy pills act on histamine alone. Because of the way it works, it may take several days for FLONASE SENSIMIST to reach maximum effect. That's why it's best to use FLONASE SENSIMIST regularly, once a day. FLONASE SENSIMIST not only relieves sneezing, itchy nose, runny nose and itchy, watery eyes, but also relieves nasal congestion.

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

Who should check with a doctor first?
Some people should not use FLONASE SENSIMIST, 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 with FLONASE SENSIMIST
Are younger than 2	Do not use
Are pregnant or breast-feeding	Talk to a health professional before using
Have or had glaucoma or cataracts	Talk to your doctor before using
Have an injury or surgery to your nose that is not fully healed	Do not use
Have ever had an allergic reaction to FLONASE SENSIMIST or any of its ingredients	Do not use
Are taking a medicine for HIV infection (such as ritonavir)	Talk to your doctor or pharmacist before using
Are taking ketconazole pills (medicine for fungal infection)	Talk to your doctor or pharmacist before using
Are using a steroid medicine for asthma, allergies, skin rash, allergic reactions, inflammation or eye conditions	Talk to your doctor or pharmacist before using

What problems can FLONASE SENSIMIST 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.



USING FLONASE SENSIMIST
How to get the best results with FLONASE SENSIMIST.

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 SENSIMIST Allergy Relief.

Watch for purple color — it shows where there is different information for children ages 2-11, compared to users age 12 or older.

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

Why is FLONASE SENSIMIST labeled to relieve itchy, watery eyes only for ages 12 and older?
The ability of FLONASE SENSIMIST to relieve itchy, watery eyes* in those ages 2-11 has not been sufficiently studied.

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 the other side.

If my symptoms go away, should I stop using FLONASE SENSIMIST Allergy Relief?
You may be tempted to stop using FLONASE SENSIMIST Allergy Relief when you start to feel better. **It's important you keep using FLONASE SENSIMIST 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 SENSIMIST when that time ends. If you are age 12 or older and need to use daily for longer than 6 months or age 2-11 and need to use for longer than 2 months a year, check with your doctor.

Can I keep using FLONASE SENSIMIST Allergy Relief year round?
Some people suffer from allergies all year. If you are age 12 or older and age 2-11 and have used for two months a year, check with your doctor to make sure it's OK to keep using FLONASE SENSIMIST 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.

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

Can I spray FLONASE SENSIMIST in my eyes or mouth?
No, FLONASE SENSIMIST is meant to work only in your nose to relieve your allergy symptoms, including itchy, watery eyes*.

Never spray FLONASE SENSIMIST in your eyes or your mouth.

Some decongestants may increase blood pressure. Does FLONASE SENSIMIST increase blood pressure?
When used as directed, FLONASE SENSIMIST 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 SENSIMIST 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 2-11 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 2-11...
30 sprays	1 week	2 weeks
60 sprays	2 weeks	4 weeks
72 sprays	2.5 weeks	5 weeks
120 sprays	4 weeks	8 weeks

Is FLONASE SENSIMIST Allergy Relief OK to use with other medicines?
You should tell your doctor about all the medicines you take, including FLONASE SENSIMIST. FLONASE SENSIMIST 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 SENSIMIST in your body to become too high. **Just to be safe, check this table** to see if you're taking any of these medicines.

*for ages 12 and older

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 SENSIMIST
Medicines with glucocorticoids (including some medicines for eczema, asthma, inflammation, allergic reactions, or eye conditions)	Talk to your doctor or pharmacist before using FLONASE SENSIMIST
Ketconazole (Pills for fungal infection)	Talk to your doctor or pharmacist before using FLONASE SENSIMIST

What are the differences in the way children age 2-11 should use FLONASE SENSIMIST Allergy Relief?
Children age 2-11 should use a **lower dose** of FLONASE SENSIMIST for a **shorter period of time**.

Why is the use of FLONASE SENSIMIST Allergy Relief for children age 2-11 limited to 2 months a year before checking with a doctor?
When used long-term, intranasal glucocorticoids like FLONASE SENSIMIST 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 shortened 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.

Ages	Children 2-11 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

WHAT TO EXPECT

What it's like to use FLONASE SENSIMIST.

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

How long will the relief last?
FLONASE SENSIMIST 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 SENSIMIST regularly, once a day.

Does FLONASE SENSIMIST Allergy Relief cause a "rebound effect"?
No, FLONASE SENSIMIST 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 SENSIMIST is a different kind of medicine and does not cause any rebound effect. You can use FLONASE SENSIMIST daily for up to six months if you are age 12 or older or up to two months a year if you are age 2-11 before checking with a doctor.

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

What will FLONASE SENSIMIST feel like inside my nose?
You may feel a very gentle mist, but the mist is so fine you may not even notice it. Even if you do not feel the mist, do not use more than 2 sprays in each nostril per day for users age 12 or older and 1 spray in each nostril per day for children age 2-11. See complete directions for use.

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

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

What if nothing is spraying out soon?
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 that came in the package.

What if I have chicken pox, measles or tuberculosis or come into contact with someone who does?
Stop using FLONASE SENSIMIST Allergy Relief and ask your doctor. If you feel severe pain in your face, have thick nasal discharge, or think you may have a sinus infection, **stop using FLONASE SENSIMIST Allergy Relief and see your doctor.** Your doctor may want to consider if other medicines are needed.

Does FLONASE SENSIMIST Allergy Relief have side effects?
Serious side effects are rare with FLONASE SENSIMIST because FLONASE SENSIMIST works in your nose, and barely any of it travels through your body. However, like all medicines, FLONASE SENSIMIST can cause side effects in some people. Below are some side effects that have been reported when using FLONASE SENSIMIST. 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 • Wheezing or feeling tight	If you feel any of these symptoms, stop using FLONASE SENSIMIST 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 SENSIMIST and see a doctor. This could be a sign of damage to your nose. Stop using FLONASE SENSIMIST and see a doctor right away.
Eye conditions such as cataracts or glaucoma	• Cloudy vision • Reddened vision	Have a yearly eye exam to check for these conditions. Read the Drug Facts on the back of the FLONASE SENSIMIST 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 2-11 needs to use FLONASE SENSIMIST for longer than two months a year.
Other side effects	• Headaches or sneezing • Minor nosebleeds • Dry or irritated nose or throat	Talk to your doctor or pharmacist if you are concerned.

1-844-FLONASE (1-844-356-6273)

FLONASE SENSIMIST ALLERGY RELIEF QUICK START GUIDE

HOW TO START GETTING ALLERGY RELIEF RIGHT NOW

USE THE RIGHT DOSE

Children age 2-11
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 SENSIMIST 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. Don't try to unblock nozzle with pin or sharp object—that can damage it.

1 After each use

Wipe the nozzle with a clean, dry tissue. Never try to clean the nozzle with a pin or anything sharp because this will damage the nozzle. **Do not use water to clean the nozzle.**

2 Once a week

Clean the inside of the cap with a clean, dry tissue. This will help keep the nozzle from getting blocked.

GET THE RELIEF YOU NEED

FLONASE SENSIMIST 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

The nasal spray needs to be shaken **vigorously** with cap on. This is important to make the medicine a liquid that will spray.

2 Prime
Do this when:
• Starting new bottle
• Haven't used for 30 days
• Cap has been left off for 5 days or more
• Device does not seem to be working right
Otherwise go to Step 3
NOTE: There is enough medicine in the bottle to allow for priming sprays plus the number of sprays labeled on the bottle.

3 Blow

Blow nose gently to clear nostrils.

4 Aim

Put the tip of spray nozzle into nostril and **tilt head forward while keeping bottle upright.**

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**.

Put just the tip into your nose.

5 Breathe and Spray

While sniffing gently, press button in all the way once or twice (according to dosing instructions). You may 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

HOW TO START GETTING
QUICK START GUIDE

FLONASE SENSIMIST

ALLERGY RELIEF

QUESTIONS & ANSWERS

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

UNDERSTANDING FLONASE SENSIMIST

What FLONASE SENSIMIST is, and how it works.

What is FLONASE SENSIMIST Allergy Relief?
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What is the active ingredient in FLONASE SENSIMIST Allergy Relief?
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How does FLONASE SENSIMIST Allergy Relief differ from FLONASE Allergy Relief?

Both products contain the same type of allergy medicine and work the same way to relieve allergy symptoms. The important difference between the two products is that FLONASE SENSIMIST offers a different type of spray experience so you can pick the experience you prefer. For example, the FLONASE SENSIMIST pump is on the side of the bottle and is squeezed to produce a spray instead of being pressed down. Also FLONASE SENSIMIST delivers a different kind of spray feeling because it has a fine mist and has no smell.

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

Can I use FLONASE SENSIMIST for colds?
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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 SENSIMIST work?
FLONASE SENSIMIST 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 SENSIMIST 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 SENSIMIST to reach maximum effect. That's why it's best to use FLONASE SENSIMIST regularly, once a day. FLONASE SENSIMIST not only relieves sneezing, itchy nose, runny nose and itchy, watery eyes, but also relieves nasal congestion.

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

Who should check with a doctor first?
Some people should not use FLONASE SENSIMIST, 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 with FLONASE SENSIMIST
Are younger than 2	Do not use
Are pregnant or breast-feeding	Talk to a health professional before using
Have or had glaucoma or cataracts	Talk to your doctor before using
Have an injury or surgery to your nose that is not fully healed	Do not use
Have ever had an allergic reaction to FLONASE SENSIMIST or any of its ingredients	Do not use
Are taking a medicine for HIV infection (such as ritonavir)	Talk to your doctor or pharmacist before using
Are taking ketconazole pills (medicine for fungal infection)	Talk to your doctor or pharmacist before using
Are using a steroid medicine for asthma, allergies, skin rash, allergic reactions, inflammation or eye conditions	Talk to your doctor or pharmacist before using

What problems can FLONASE SENSIMIST 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 SENSIMIST Allergy Relief helps relieve a broad range of symptoms from many allergens. For example, FLONASE SENSIMIST helps with:

Symptoms	Triggers
 Nasal symptoms • Congestion • Runny nose • Sneezing • Itchy nose	 Eye symptoms* • Itchy eyes* • Watery eyes* • For ages 12 and older
 Outdoor allergens • Weed pollen • Grass pollen • Tree pollen • Mold spores	 Animal allergens • Cats • Dogs
 Indoor allergens • Dust • Dust mites • Mold	

USING FLONASE SENSIMIST

How to get the best results with FLONASE SENSIMIST.

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 SENSIMIST Allergy Relief.

Watch for purple color — it shows where there is different information for children ages 2-11, compared to users age 12 or older.

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

Why is FLONASE SENSIMIST labeled to relieve itchy, watery eyes only for ages 12 and older?

The ability of FLONASE SENSIMIST to relieve itchy, watery eyes* in those ages 2-11 has not been sufficiently studied.

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 the other side.

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

You may be tempted to stop using FLONASE SENSIMIST Allergy Relief when you start to feel better. **It's important you keep using FLONASE SENSIMIST 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 SENSIMIST when that time ends. If you are age 12 or older and need to use daily for longer than 6 months or age 2-11 and need to use for longer than 2 months a year, check with your doctor.

Can I keep using FLONASE SENSIMIST Allergy Relief year round?

Some people suffer from allergies all year. If you are age 12 or older and need to use daily for longer than 6 months or age 2-11 and have used for two months a year, check with your doctor to make sure it's OK to keep using FLONASE SENSIMIST 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.

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

Can I spray FLONASE SENSIMIST in my eyes or mouth?
No, FLONASE SENSIMIST is meant to work only in your nose to relieve your allergy symptoms, including itchy, watery eyes*.

Never spray FLONASE SENSIMIST in your eyes or your mouth.

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

When used as directed, FLONASE SENSIMIST 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 SENSIMIST 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 2-11 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 2-11**
30 sprays	1 week	2 weeks
60 sprays	2 weeks	4 weeks
72 sprays	2.5 weeks	5 weeks
120 sprays	4 weeks	8 weeks

Is FLONASE SENSIMIST Allergy Relief OK to use with other medicines?

You should tell your doctor about all the medicines you take, including FLONASE SENSIMIST. FLONASE SENSIMIST 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 SENSIMIST in your body to become too high. **Just to be safe, check this table** to see if you're taking any of these medicines.

*for ages 12 and older

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 SENSIMIST
Medicines with glucocorticoids (such as eczema, asthma, inflammation, allergic reactions, or eye conditions)	Talk to your doctor or pharmacist before using FLONASE SENSIMIST
Ketconazole (Pills for fungal infection)	Talk to your doctor or pharmacist before using FLONASE SENSIMIST

What are the differences in the way children age 2-11 should use FLONASE SENSIMIST Allergy Relief?
Children age 2-11 should use a **lower dose** of FLONASE SENSIMIST for a **shorter period of time**.

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

When used long-term, intranasal glucocorticoids like FLONASE SENSIMIST 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.

Ages	Children 2-11 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

WHAT TO EXPECT

What it's like to use FLONASE SENSIMIST.

How soon will I get relief?

You may start to feel relief the first day you use FLONASE SENSIMIST Allergy Relief. Keep using it every day, though, as it takes several days before FLONASE SENSIMIST builds up to full effectiveness.

How long will the relief last?

FLONASE SENSIMIST 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 SENSIMIST regularly, once a day.

Does FLONASE SENSIMIST Allergy Relief cause a "rebound effect"?

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

What will FLONASE SENSIMIST feel like inside my nose?
You may feel a very gentle mist, but the mist is so fine you may not even notice it. Even if you do not feel the mist, do not use more than 2 sprays in each nostril per day for users age 12 or older and 1 spray in each nostril per day for children age 2-11. See complete directions for use.

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

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

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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 that came in the package.

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

Does FLONASE SENSIMIST Allergy Relief have side effects?
Serious side effects are rare with FLONASE SENSIMIST because FLONASE SENSIMIST works in your nose, and barely any of it travels through your body. However, like all medicines, FLONASE SENSIMIST can cause side effects in some people. Below are some side effects that have been reported when using FLONASE SENSIMIST. 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 • Wheezing or feeling tight	If you feel any of these symptoms, stop using FLONASE SENSIMIST 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 SENSIMIST and see a doctor. This could be a sign of damage to your nose. Stop using FLONASE SENSIMIST and see a doctor right away.
Eye conditions such as cataracts or glaucoma	• Cloudy vision • Reddened vision	Have a yearly eye exam to check for these conditions. Read the Drug Facts on the back of the FLONASE SENSIMIST 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 2-11 needs to use FLONASE SENSIMIST for longer than two months a year.
Other side effects	• Headaches or sneezing • Minor nosebleeds • Dry or irritated nose or throat	Talk to your doctor or pharmacist if you are concerned.

1-844-FLONASE
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FLONASE SENSIMIST

ALLERGY RELIEF

QUICK START

GUIDE

HOW TO START GETTING

ALLERGY RELIEF RIGHT NOW

USE THE RIGHT DOSE

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

Children age 2-11

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 SENSIMIST 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.

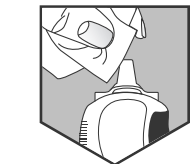


WARNING: Do not spray in your eyes. Only for use in your nose.

KEEP IT CLEAN

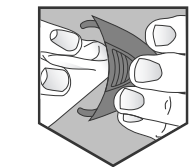
A clean spray nozzle helps ensure a full dose. Don't try to unblock nozzle with pin or sharp object—that can damage it.

1 After each use



Wipe the nozzle with a clean, dry tissue. Never try to clean the nozzle with a pin or anything sharp because this will damage the nozzle. **Do not use water to clean the nozzle.**

2 Once a week

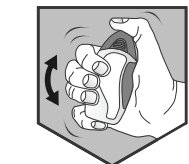


Clean the inside of the cap with a clean, dry tissue. This will help keep the nozzle from getting blocked.

GET THE RELIEF YOU NEED

FLONASE SENSIMIST 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



The nasal spray needs to be shaken **vigorously** with cap on. This is important to make the medicine a liquid that will spray.



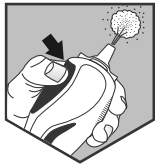
2 Prime

Do this when:

- Starting new bottle
- Haven't used for 30 days
- Cap has been left off for 5 days or more
- Device does not seem to be working right

Otherwise go to Step 3

NOTE: There is enough medicine in the bottle to allow for priming sprays plus the number of sprays labeled on the bottle.



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



Put the tip of spray nozzle into nostril and **tilt head forward while keeping bottle upright**.



Put just the tip into your nose.



Aim slightly away from center of nose.

5 Breathe and Spray



While sniffing gently, press button in all the way once or twice (according to dosing instructions). You may 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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