

安鼻靈

使用者須知

請於使用安鼻靈前，小心閱讀此說明書。此說明書提供重要資訊。為達致最佳效果，請依指示使用。若需要更多資料，請諮詢醫生或藥劑師。請保存此說明書，以供日後閱讀。

甚麼是安鼻靈和甚麼時候使用？

安鼻靈適用於不同類型的傷風感冒。它用於鼻孔，具備收縮血管的功能，繼而暢通鼻和咽喉黏膜。

這功效能使傷風感冒患者更容易地透過鼻孔呼吸。安鼻靈的功能在數分鐘內起效，並持續數小時。安鼻靈所含的成分能預防鼻黏膜過乾。

甚麼時候不宜使用安鼻靈？

曾接受頭部手術人士應由醫生決定應否使用安鼻靈。這限制也應用於其他使鼻內血管收縮之產品。在鼻黏膜非常乾燥或慢性發炎（乾燥性鼻炎或萎縮性鼻炎）或急性（閉角）青光眼的情況下不應使用安鼻靈。對安鼻靈成分過敏人士不可使用此藥。

使用安鼻靈時要警惕甚麼？

如同其他感冒藥物，安鼻靈可引致睡眠及視力出現問題，或頭暈。這亦正顯示出對產品出現過敏反應。

請諮詢你的醫生，如果：

- 這些過敏反應對你帶來很大影響，
- 您的感冒持續或惡化，或
- 其他問題出現。

高血壓、心血管疾病、甲狀腺過度活躍、前列腺腫大、嗜鉻細胞瘤（腎上腺腫瘤）或糖尿病人士必須小心使用安鼻靈產品。如果您目前正在，或者在過去14天內服用MAO抑制劑（抗抑鬱藥的一種），則不應使用安鼻靈。

如果您正在服用某些抗抑鬱藥（三環或四環抗抑鬱藥），也不應使用此藥物。

在沒有醫生指示下，請勿使用安鼻靈超過一星期。持續使用可能出現反鼻塞症狀（藥物性鼻炎），而它與感冒症狀非常相似。

請通知你的醫生或藥劑師，如你：

- 正患有其他病患，
- 有過敏症，
- 正使用其他外用或口服藥物（包括自行選用的藥物）。

如何貯存安鼻靈？

請存放藥物在兒童視線範圍外並不易觸及的地方。

可以在懷孕期間或哺乳時使用安鼻靈嗎？

懷孕期間不應使用安鼻靈。如你正哺乳中，請在使用安鼻靈前諮詢你的醫生。

過量使用

如果您使用過量安鼻靈，請立即告知醫生。過量服用或意外攝入藥物可引起中毒。

安鼻靈可引致甚麼副作用？

如果您發現以下症狀之一，請停止使用安鼻靈並立即尋求醫療幫助，因為這可能是過敏反應：

- 呼吸或吞嚥困難，
- 面部、嘴唇、舌頭和/或喉嚨區域腫脹，
- 強烈瘙癢，皮疹和/或皮膚紅腫，
- 心律不齊。

常見的副作用（每100名患者中有1至10名）：

鼻乾燥和刺激，噁心，頭痛和局部燒灼感。非常罕見的副作用（每10,000名患者

中少於1名）：

過敏反應（皮疹，瘙癢），暫時性視力模糊，心律不規則或加速，藥物相關的鼻黏膜腫脹。

如你留意到說明書內沒有提及的副作用，請告訴您的醫生或藥劑師。

服量

安鼻靈0.1%適合成人及12歲或以上青少年使用。

請勿持續使用安鼻靈超過七天。如症狀持續，請諮詢醫生意見。長期或過量使用可導致鼻塞症狀復發或惡化。

切勿自行使用超過建議劑量，長者尤需注意。

每鼻孔每天不可使用超過3次。應在晚上睡覺前使用當天的最後一個劑量。

定量噴鼻劑：

劑量	年齡	用量
0.1%	成人及12歲或以上青少年	每鼻孔使用1次定量噴霧

使用定量噴鼻劑的方法：

1. 請勿剪開噴嘴。定量噴鼻劑於第一次使用的时候需要進行「預充」。



2. 溫和地清理鼻子
3. 打開保護蓋。
4. 於第一次使用前，請按下噴嘴對空噴4次以「預充」定量噴鼻劑。當「預充」完成後，每天定期使用可維持定量噴鼻劑於「預充」的狀態。如果噴劑於徹底按下時並沒有將噴霧完全噴出，例如在中斷使用後，噴鼻劑將要對空噴4次以進行重新「預充」。請加倍小心不要噴入眼睛或口腔。
5. 保持藥瓶直立，並把拇指托住底部，噴嘴置於兩指之間。



6. 把頭稍微向前傾，並把噴嘴放入鼻孔。噴出並同時輕輕透過鼻孔吸入。



7. 輕輕嗅聞，使藥物保留在鼻腔內。注意：在噴鼻過程中不要用力吸氣。
8. 於另一個鼻孔重覆以上步驟。
9. 清理及抹乾噴嘴，然後把保護蓋裝回原處。
10. 為防止散播感染，一個噴鼻劑應只用於一個人。

安鼻靈含有甚麼成分？

成人安鼻靈定量噴鼻劑含0.1% xylometazoline hydrochloride. 賦形劑包括sodium dihydrogen phosphate dihydrate, disodium phosphate dodecahydrate, sodium chloride, benzalkonium chloride, disodium edetate, levomenthol, cineol, sorbitol, castor oil, polyoxyl hydrogenated, purified water.

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Information intended for patients

Read this entire leaflet carefully before you start using Otrivin. It contains important information for you. Follow the instructions carefully to get the best results. Ask a doctor or a pharmacist if you need more information or advice. Keep this leaflet, you may need to read it again.

What is Otrivin and when is it used?

Otrivin is used for various types of colds. It is designed to be applied in the nostrils, where it exerts a vasoconstricting effect thereby decongesting the mucosa of the nose and the throat.

This effect allows patients with colds to breathe more easily through the nose. The action of Otrivin is felt within a few minutes and lasts for several hours. Otrivin contains ingredients which help prevent the nasal mucosa drying out.

When must Otrivin not be used?

If you have had surgery involving the head, it is up to your doctor to decide whether you can use Otrivin. This limitation also applies to all other vasoconstrictive products used in the nose. Otrivin must not be used in the case of very dry or chronically inflamed nasal mucosa (Rhinitis sicca or Rhinitis atrophicans) or in the case of acute (closed-angle) glaucoma. Patients who are allergic to any of the ingredients in Otrivin must not use this medicinal product.

What precautions must be taken when using Otrivin?

As with other medicinal products for colds, Otrivin can lead to sleep and vision problems or episodes of dizziness which are evidence of oversensitivity to the product.

Please consult your doctor if:

- these effects are very disruptive,
- your cold persists or gets worse or
- other problems appear.

Otrivin must be used with care in the case of hypertension, cardio-vascular disease, thyroid hyperactivity, enlarged prostate, phaeochromocytoma (a tumour of the adrenal glands) or diabetes (Diabetes mellitus).

You should not use Otrivin if you are currently taking a MAO inhibitor (a medicine against depression), or have taken one within the last 14 days.

You should also not use this medicine if you are taking certain anti-depressants (tricyclic or tetracyclic anti-depressants).

Otrivin must not be used for more than a week without medical advice because over a longer period of use, rebound congestion of the nasal mucosa (rhinitis medicamentosa) may appear. This would be very similar to the symptoms of a cold.

Please inform your doctor, pharmacist or chemist if:

- you suffer from another medical condition,
- you are allergic,
- you are already taking or using other medicinal products either internally or externally (even when as self-medication!).

How to store Otrivin:

Keep all medicines out of the reach and sight of children.

Can Otrivin be used during pregnancy or when breast-feeding?

Otrivin should not be used during pregnancy. If you are breast feeding, please consult your doctor before using Otrivin.

Overdosage:

If you have used more Otrivin than you should, inform your doctor immediately. Poisoning can occur through significant overdose or through accidental ingestion of the medicine.

What side-effects can Otrivin cause?

Stop using Otrivin and seek medical help immediately if you notice one of the following signs as it could be an allergic reaction:

- Difficulty breathing or swallowing,
- Swelling of face, lips, tongue and/or throat area,
- Strong itching with red rash and/or elevations on the skin,
- Irregular heartbeat.

Common side effects (in 1 to 10 out of every 100 patients):

Nasal dryness and irritation, nausea, headache and local burning sensation.

Very rare side effects (less than 1 out of every 10,000 patients):

Allergic reactions (skin rash, itching), temporarily blurred vision, irregular or accelerated heartbeat, drug-related nasal mucosal swelling (Rhinitis medicamentosa). If you notice side-effects that are not mentioned in this leaflet, please tell your doctor or pharmacist.

Dosage and Administration:

Otrivin 0.1% is indicated in adults and in adolescents aged 12 years and above.

Otrivin should not be used for more than 7 consecutive days. If symptoms persist, consult your doctor. Prolonged or excessive use may cause stuffiness in the nose to return or worsen.

Do not exceed the recommended dosage, especially in the elderly.

Do not exceed 3 applications daily into each nostril. The last application of the day should preferably be shortly before going to bed.

Nasal metered-dose spray:

Strength	Age	Posology
0.1%	Adults and adolescents aged 12 years and above.	1 spray into each nostril

Method for using the metered-dose nasal spray:

1. Do not cut the nozzle. The metered dose spray is ready to prime before use.



2. Gently clear your nose.
3. Remove protective cap.
4. Before using for the first time, prime the pump by actuating 4 times. Once primed, the pump will normally remain charged throughout regular daily treatment periods. If the spray is not ejected during the full actuation stroke e.g. after a break from use, the pump will need to be reprimed with 4 actuations. Be very careful not to spray in the eyes or mouth.
5. Hold bottle upright with thumb under base and nozzle between two fingers.



6. Lean your head forward slightly and insert the nozzle into the nostril.
Spray and breathe in gently through the nose at the same time.



7. Sniff gently to allow the medication retaining in the nasal cavity. Caution: do not forcefully breathe in during the spray.
8. Repeat with the other nostril.
9. Clean and dry the nozzle before replacing back the cap right after use.
10. To avoid possible spread of infection, the spray should only be used by one person.

What does Otrivin contain?

Otrivin metered-dose nasal spray contains 0.1% of xylometazoline hydrochloride. The excipients include sodium dihydrogen phosphate dihydrate, disodium phosphate dodecahydrate, sodium chloride, benzalkonium chloride, disodium edetate, levomenthol, cineol, sorbitol, castor oil, polyoxyl hydrogenated, purified water.

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