How to use Avamys®

Fine mist nasal spray for hayfever and allergies (seasonal and perennial allergic rhinitis)
To get the best from your medication follow these simple instructions

Your doctor has prescribed this treatment to help manage your allergic rhinitis symptoms.

Avamys is delivered in a fine mist with virtually no taste or smell, so don’t worry if not much seems to come out. This is normal and you will be getting the correct dose. You will be able to see how much Avamys you have left through the window on the bottle.

Using the nasal spray

1. Shake vigorously
2. Remove cap
3. Blow your nose to clear your nostrils
4. Tilt your head forwards slightly
5. Holding the spray upright, carefully place the nozzle in one of your nostrils
6. Breathe in through your nose and firmly press the button once
7. Take the nozzle out and breathe out through your mouth

Point the end of the nozzle towards the outside of your nose, away from the centre ridge of your nose. This helps direct the medicine to the right part of your nose.

8. Repeat steps 4 to 7 for your other nostril
9. If your doctor has told you to take 2 sprays per nostril, repeat steps 4 to 7
10. Replace the cap

Each new bottle of Avamys should be prepared before first use.* Follow steps 1 & 2, then press the button firmly at least six times until a fine mist appears. The device is now ready for use.

*Please note, this will also be required if the cap is left off for 5 days or more, or the intranasal device has not been used for 30 days or more.

For more detailed information please refer to the patient information leaflet in the Avamys pack.
Dos and Don’ts

Correct insertion of nozzle

Incorrect insertion of nozzle

Don’t use the device unless holding it upright

Never try to enlarge the nozzle opening. Avamys is a fine mist and you will be getting the correct dosage

Wipe the nozzle and inside of the cap with a clean, dry tissue

If you have any questions about Avamys nasal spray please consult your Pharmacist or Doctor.

This leaflet is only intended for patients who have been prescribed Avamys.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at http://yellowcard.mhra.gov.uk. By reporting side effects you can help provide more information on the safety of this medicine. For further information about Avamys, take a look at the patient information leaflet that accompanies your medicine, or talk to your doctor.

This leaflet has been produced by Stiefel, a GSK company.