

A step-by-step guide to using Avamys nasal spray

(fluticasone furoate)

Preparing the nasal spray for use

You should prepare your nasal spray when you use it for the first time, or have left the cap off. Preparing the nasal spray ensures that you always get the full dose of medicine. Follow these steps:

1. **Shake the nasal spray vigorously** with the cap on for about 10 seconds. This is important as Avamys is a thick suspension that becomes liquid when shaken. It will only spray properly when it becomes liquid.
2. **Remove the cap** by squeezing firmly on the sides of the cap with your thumb and forefinger.
3. Hold nasal spray upright and **point the nozzle away from you**.
4. **Press the button firmly** all the way in, then release. Do this at least 6 times until it releases a fine mist of spray into the air.

The nasal spray is now prepared and ready for use.

Each time you use the nasal spray

1. Shake the nasal spray vigorously. Remove the cap. Blow your nose to clear your nostrils, then tilt your head forward a little.
2. Hold the nasal spray upright and place the nozzle in one of your nostrils. **Point the end of the nozzle slightly outwards**, away from the centre ridge of your nose.
3. As you breathe in through your nose, press the button once firmly all the way in. **If you have difficulty pressing the button with your thumb, you can use the index finger, middle and fourth fingers.**
4. Remove the nozzle from your nostril and **breathe out through your mouth**. If your dose is two sprays in each nostril, repeat steps 2 to 3 in the same nostril. Repeat steps 2 to 3 to treat the other nostril. Clean the nasal spray. **Replace the cap** and store upright.



Cleaning the nasal spray

After each use:

1. Wipe the nozzle and the inside of the cap with a clean, dry tissue. Do not use water to clean it.
2. Always replace the cap when you have finished.

If the nasal spray does not seem to be working:

- ✓ **Check if you still have medicine left.** Hold the nasal spray upright against a bright light and look at the level through the window. If the level is very low there may not be enough left to work the nasal spray. Please consult your doctor to prescribe you a new bottle.
- ✓ Check the nasal spray for damage. If you think the nozzle may be blocked, **do not use a pin or anything sharp** to clear it.
- ✓ Try to reset it by following the instructions under **'Preparing the nasal spray for use'**



This leaflet is to be given by healthcare professionals to patients who have been prescribed the product. For use within doctors' consultation room only. For further information, please consult your doctor or pharmacist. For reporting of adverse events please write to sg.drugsafety@gsk.com
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Reference: Singapore Avamys Prescribing Information ver IPI09(SI)
SG/FF/0023/17 Certified 31/05/17



See our online video guide to using your Avamys Nasal Spray at <http://www.usingavamys.info>
Password: **avamys123**