

Prepare your Avamys nasal spray before use³



- You must prepare the nasal spray before using it for the FIRST time or if you have left the cap off.
- With the cap on, shake the nasal spray vigorously for about 10 seconds. Avamys is thick and becomes more liquid when you shake it well. It will only spray when it becomes liquid.



- Remove the cap. Hold the nasal spray upright and point the nozzle away from you. Press the button firmly all the way in. Do this at least 6 times until the spray is released. If you have difficulty pressing the button with your thumb, you can use the index, middle and fourth fingers.

Using Avamys³



1. Shake the nasal spray vigorously. Remove the cap. Blow your nose to clear your nostrils, then tilt your head forward a bit.



2. Put the nozzle inside your nostril aiming for the outside wall of your nose (away from the central ridge of the nose).



3. As you breathe in through your nose, press the side button once firmly all the way in. You can use your thumb or the index, middle and fourth fingers to press the button. Take the nozzle out and breathe out through your mouth.

4. If your doctor has told you to take two sprays per nostril, repeat steps 2-3. Repeat steps 2-3 for your other nostril. Replace the cap on the nasal spray.

How to hold your Avamys nasal spray?



Caring for your Avamys nasal spray³



After each use:

- Wipe the nozzle and the inside of the cap. Don't use water to do this. Wipe with a clean, dry tissue.



- Never use a pin or anything sharp on the nozzle.

- Always replace the cap once you have finished to keep out dust, seal in the pressure and stop the nozzle from blocking up.

If your nasal spray does not seem to be working³

Check if you still have medicine left. Look at the level through the window. If the level is very low, there may not be enough left to work the nasal spray. 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 "Prepare your Avamys nasal spray before use".

Dosage and Administration

For adults and adolescents (12 years and older): 2 sprays in each nostril once daily³

For children (2 to 11 years): 1 spray in each nostril once daily³

References:

1. Bousquet j *et al.* Allergic Rhinitis and its impact on Asthma (ARIA) 2008. Allergy 2008; 63 (Suppl. 86): 8-160
2. Platts-Mills *et al.* The role of intervention in established allergy: Avoidance of indoor allergens in the treatment of chronic allergic disease. J Allergy Clin Immunol 2000; 106: 787-804
3. Avamys Singapore Prescribing information GDS11/IP110c(SI)

For further information, please consult your doctor or pharmacist.
This leaflet is to be given out by healthcare professionals to patients who have been prescribed the product.
Please do not share your medication, consult a doctor for medical advice.
All images used in this material are for illustration purpose only.
For reporting of adverse events please write to sg.drugsafety@gsk.com

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GSK

Avamys
fluticasone furoate

Patient Information Leaflet



Watch video on
how to use Avamys!
Scan the QR code or visit
<https://gsk.to/3E2n8r6>



You must use Avamys as your doctor has told you.
In addition, please read this leaflet carefully and if you have any further questions, ask your doctor or pharmacist for further information.



What is allergic rhinitis?

Allergic rhinitis is a condition where the membranes lining the nose becomes inflamed due to exposure to a substance you are allergic to, resulting in symptoms such as sneezing, blocked nose and runny nose.¹

What are the signs and symptoms?

Patients with allergic rhinitis often have symptoms on 2 or more consecutive days for more than 1 hour on most days¹:



• Runny nose



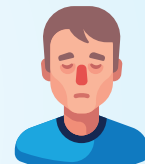
• Sneezing



• Blocked nose



• Itchy nose



• Conjunctivitis

What triggers the symptoms?

Allergic rhinitis is caused by substances that trigger allergies, called allergens which can be found both indoors and outdoors¹.

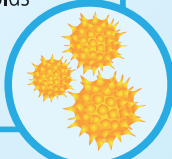


Indoor allergens

include house dust mites, molds, insects (cockroaches) and animal danders (tiny skin flakes)

Outdoor allergens

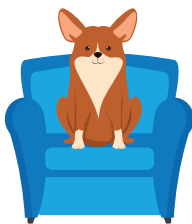
include pollen (grasses, weeds and trees) and molds



Tips on reducing the symptoms²

Avoidance of exposure to indoor allergens is an important element in the treatment of allergic disease. Here are a few simple tips that may help:

- Exclude pets from bedrooms and if possible keep pets outdoors
- Encase mattress and all pillows in allergen-proof cover
- Wash bed linens weekly in hot water (55°C/130°F) and damp wipe the mattress cover weekly
- Reduce clutter/toys/other collections in bedroom
- Replace drapery with wipeable shades/blinds or washable curtains
- Replace carpet with polished flooring
- Always take your medication according to your doctor's instructions
- Consult your doctor if you need advice or more information about your medication



Why did your doctor prescribe a nasal spray to you?

Avamys is a nasal spray prescribed for the treatment of the symptoms of allergic rhinitis.³

How soon does it take effect?³

It may take several days of treatment to achieve intended effect.³



The parts of the Avamys nasal spray³



Your medicine comes in a brown glass bottle inside a plastic casing. It will contain either 30, 60 or 120 sprays, depending on the pack size that has been prescribed for you.

A window in the plastic casing allows you to see how much medicine is left. You will be able to see the liquid level for a new 30 or 60 spray bottle, but not for a new 120 spray bottle because the liquid level is above the window.

The medicine sprays out of the nozzle when the mist-release button on the side is pressed firmly all the way in.

A removable cap protects the nozzle from dust and prevents it from blocking up. When the cap is in place the button on the side cannot be pressed accidentally.