Rynacrom’ 4% Nasal Spray
sodium cromoglicate

1. What Rynacrom Nasal Spray is and what it is used for

What Rynacrom Nasal Spray is
Rynacrom 4% Nasal Spray (called Rynacrom Nasal Spray in this leaflet) contains a medicine called sodium cromoglicate. This belongs to a group of medicines called anti-allergics.

How Rynacrom Nasal Spray works
It works by stopping the release of the natural substances in your body that can lead to an allergic reaction. It also lowers your response when you are exposed to substances to which you are allergic. Signs of an allergic reaction include an itchy, runny nose and sneezing.

What Rynacrom Nasal Spray is used for
When used regularly, it is used to help stop nasal allergies that may occur:
• At any time of the year (perennial allergic rhinitis) or
• During certain times of the year (seasonal allergic rhinitis or hay fever).

2. Before you use Rynacrom Nasal Spray

Do not use this medicine and tell your doctor or pharmacist if:
• You are allergic (hypersensitive) to sodium cromoglicate, or
• Any of the other ingredients of Rynacrom Nasal Spray (listed in Section 6: Further information)

In this leaflet:
1. What Rynacrom Nasal Spray is and what it is used for
2. Before you use Rynacrom Nasal Spray
3. How to use Rynacrom Nasal Spray
4. Possible side effects
5. How to store Rynacrom Nasal Spray
6. Further information

Using this medicine
• Only use in your nose
• It is important you use this medicine regularly even when you are free of the signs of allergy. This is because it works by stopping the allergy from starting, rather than treating the allergy that is already there
• If your symptoms worsen or do not improve, talk to your doctor or pharmacist

How much Rynacrom Nasal Spray to use
• One spray into each nostril two to four times a day

How to use Rynacrom Nasal Spray:
1. Preparing the spray
• Remove the cap from bottle by pulling upwards

Pregnancy and breast-feeding
Talk to your doctor before using this medicine if you are pregnant, might become pregnant or think you may be pregnant.

If you are breast-feeding or planning to breast-feed, talk to your doctor or pharmacist before taking or using any medicine.

Important information about some of the ingredients of Rynacrom Nasal Spray
Rynacrom Nasal Spray contains benzalkonium chloride. This may in rare cases cause difficulty breathing, wheezing or tightness in the chest (bronchospasm).

3. How to use Rynacrom Nasal Spray

Always use Rynacrom Nasal Spray exactly as your doctor or pharmacist has told you. You should check with your doctor or pharmacist if you are not sure.
2. If you are using the spray for the first time
   • Hold the bottle upright
   • Pump at least 3 times until an even spray is produced. This initial pumping is for the purpose of filling the system and testing the spray. It should not be repeated after the first use in order to avoid wasting the medicine

3. Using the spray
   • Close one nostril with your finger
   • Keep the bottle upright
   • Bend your head slightly over the bottle
   • Spray the solution into the nostril
   • Breathe in gently through your nose with your mouth closed

4. • Breathe out through your mouth

5. • Repeat for the other nostril

6. After using the spray
   • Before replacing the protective cap on the spray, wipe the spray with a clean tissue

If you take more Rynacrom than you should
Talk to your doctor or go to a hospital straight away. Remember to take any medicine that is left with you so the doctor knows what you have taken.

If you forget to use Rynacrom Nasal Spray
If you forget a dose, use it as soon as you remember it. However, if it is nearly time for the next dose, skip the missed dose. Do not use a double dose to make up for a forgotten dose.

If you stop using Rynacrom Nasal Spray
You should keep using this spray whilst you are still exposed to the thing that you are allergic to. If you stop using Rynacrom Nasal Spray, your allergy symptoms may come back. If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible side effects
   Like all medicines, Rynacrom Nasal Spray can cause side effects, although not everybody gets them. Stop using Rynacrom Nasal Spray and see a doctor as soon as possible if:
   • The itching, redness or swelling gets worse or your nose becomes sore. You may be allergic to these drops
   • If you notice any side effects not listed in this leaflet:

   Talk to your doctor or pharmacist if any of the side effects gets serious or lasts longer than a few days, or if you notice any side effects not listed in this leaflet:
   • Irritation of the nose
   • Wheezing or tightness in the chest

5. How to store Rynacrom Nasal Spray
   Keep this medicine in a safe place where children cannot see or reach it. Do not use Rynacrom Nasal Spray after the expiry date which is stated on the label and carton. The expiry date refers to the last day of that month. Store below 25°C. Keep the bottle in the outer carton in order to protect from light.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Further information
What Rynacrom Nasal Spray contains
• Each spray dose contains approximately 5.2 mg of the active substance sodium cromoglicate
• The other ingredients are disodium edetate, benzalkonium chloride and purified water

What Rynacrom Nasal Spray looks like and contents of the pack
Rynacrom Nasal Spray is a clear, colourless to pale yellow liquid supplied in a 22 ml plastic bottle fitted with a metered dose pump and plastic cover.

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This leaflet does not contain all the information about your medicine. If you have any questions or are not sure about anything, ask your doctor or pharmacist.

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