Ephedrine Nasal Drops
1% w/v (ephedrine hydrochloride)

Important information about Ephedrine Nasal Drops
• This medicine relieves nasal congestion in adults and children over 12 years old.
• Do not use...
• For anyone under 12 years old.
• For longer than 7 days.

Talk to your doctor....
• If your congestion has not cleared up after 7 days.

Now read the rest of the leaflet before you use this medicine. It includes other information which might be especially important for you.
• Keep this leaflet. You may need to read it again.
• Ask your pharmacist if you need any more information or advice.
• If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

1. What the medicine is for
Ephedrine Nasal Drops belong to a group of medicines known as nasal decongestants. They act to relieve congestion by constricting blood vessels in the nose.

2. Before you use this medicine
Do not use the medicine if you have...
• Taken MAOIs (monoamine oxidase inhibitors) for depression in the last two weeks.
• Taken beta-blockers for your heart or blood pressure.
• An allergy to any of the ingredients listed in section 6.
• A heart condition, high blood pressure or poor circulation.
• An overactive thyroid gland.
• Overdosability.
• Glaucoma.
• Excessive levels of adrenaline in the blood.
• Recently had an operation on your nose or sinuses.
• Difficulty passing urine.
• Been told you have a type of bleeding called a phaeochromocytoma.
• Are taking other medicines to unblock your nose.
• Or under 12 years old.

Talk to your doctor or pharmacist if you have....
• Asthma.
• Kidney problems.
• Diabetes.
• Prostate problems.
• Or you are elderly.

Talk to your doctor or pharmacist if you are taking....
• Guanethidine, reserpine, methyldopa or any other drugs for high blood pressure.
• Tri cyclic antidepressants eg amitriptyline or imipramine.

3. How to use this medicine

• Avoid touching the glass dropper – hold the dropper by the bulb.
• Do not put the dropper inside your nostril.
• Put your head back and using the dropper, place the drops into each nostril.
• Replace the dropper in the bottle after use.
• Do not share the drops with anyone else.

Turn over...

4. Possible side effects
Like all medicines, Ephedrine Nasal Drops can have side effects, although these don’t affect everyone. Side effects may be minimised by avoiding prolonged or excessive use.
Possible side effects are:
• Anxiety, fear (paranoia), being irritable, restless or not sleeping.
• Seeing things (hallucinations).
• Headache.
• Feeling sick, being sick, feeling thirsty, more or less saliva than usual in your mouth.
• Dizziness and fainting.
• Weakness and trembling.
• Irritation, dryness or soreness in the nose.
• Swelling, flushing or goose pimples.
• Effects on the heart e.g. palpitations.
• Effects on the circulation e.g. high or low blood pressure.
• Changes in blood sugar or potassium levels.
• Anaemia.
• Shortness of breath.
• Wide pupils in the eye.
• People with difficulty in passing urine may find that the condition gets worse.

Use of the drops for more than 7 days may make your congestion worse and the effectiveness of the drops will decrease (tolerance). It may also make you want to use the drops more often than recommended, and you may find it difficult to stop using them (dependence).

If you notice these or any other side effect not included above, stop use and tell your doctor or pharmacist. They will tell you what to do.

5. Storing this medicine
Keep it out of the sight and reach of children.
• Do not store above 25°C.
• Do not allow to freeze.
• Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
• If you have any unused drops 2 months after opening the bottle, return them to your pharmacist.
• Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

6. Further information
What the medicine contains
The active ingredient is: ephedrine hydrochloride 1% w/v.
The other ingredients are: chlorobutanol, sodium chloride, purified water.

What the medicine looks like
Ephedrine Nasal Drops are a clear, colourless liquid.
They are supplied in 10ml bottles with a dropper.

Marketing authorisation holder and manufacturer
Thornton and Ross Ltd., Huddersfield, HD7 5SH, UK.
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